THE CASTELL OF HELTH CORRECTED AND IN SOME places augmented, by the first authoz therof, sir Thomas Elyot knight, the yere of our lozde 1541.

1534

THE PROHEME OF SYR THOMAS ELYot knyght into his boke called the Castell of Helth.



GALENE THE moste excellent Phisicion feared, that in writing a compendiouse doctrine for the curyng of sickenesse, he shoulde loose all his labour, for as much as no manne almost dydde endeuour hym selfe to the findyng of truth, but that all men dydde so much esteme riches, possessions, authorite, and pleasures, that they supposed them, which were studious in any part of Sapience, to be madde or distract of their wyttes, for as muche as they demed the chief sapience, which is in knowlage of thinges belonging as wel to god as to man, to haue no beyng. Seens this noble writer found that lacke in his time, whan there flourished in sundry countreis a great multitude of men excellent in all kindes of lerning, as it yet doth appere by some of theyr workes, why should I be greued with reprothes, wherewith some of my countrey to recompence me, for my labours taken without hope of temporall reward, only for the feruent affection, whiche I haue euer borne toward the publike weale of my countrey: a worthy matter saieth one, Syr Thomas Elyot is become a phisicion, and writeth in phisicke, whiche beseemeth not a knight, he mought haue ben muche

muche better occupied. Truely if they wyll call hym a phisicion, whiche is studyouse about the weale of his countrey, I wyll take thei so name me, for duryng my life I wyll in that affection alwaie continue. And why, I pray you, should men haue in disdaine or small reputacio the science of phisike: which beyng well vnderstand, truely experienced, & discretely ordred, doth conserue helth, without the whiche all pleasures be peynefull, rychesse vnprofitable, company annoyance, strength turned to febienes, beauty to lothsomnes, sences are dispersed, eloquence interrupted, remembraunce confounded, whiche hath ben considered of wyse men, not onely of the priuate estate, but also of emperors, kinges, and other great princes, who for the vniuersall necessitee and incomparable vtilitee, which they perceiued to be in that science of physycke, thei did not only aduaunce and honour it with speciall priuiledges, but also dyuers and many of theim were therin ryght studyouse, in so muche as Juba the kynge of Mauritania and Libya, founde out the vertous qualitees of the herbe called Euforbium. Gentius kynge of Illiria, found the vertues of Gentian. The herbe Lysimachia, tooke his name of kynge Lysimachus. Mithridates the great kyng of Ponthus, found fyrst the vertues of Scordion and also inuented the famouse medycyne against poyson, called Mythridate. Artheмisia queene of Caria founde the vertues of Motherwoort whiche in latyne beareth hir name, wherby hir noble renoume hath lenger continewed, than by the makyng of the famouse monument ouer

hir

hir dead husband called Mausolcum, although it were reckned among the wonderfull worckes of the worlde, and yet hir name with the saied herbe still abideth, whyles the said monument a thousand yeares passed, was vtterly dissolued. It seemeth, that physicke in this realme, hath been well esteemed, sens the hole studie of Salern, at the request of a kyng of England, wrate and set foorthe a compendious and profitable treatise, called the Gouernance of health, in latine Regimen sanitatis. And I trust in almightie God, that our soueraigne lorde the kynges maiestee, who daiely preparcth to stablisshe among vs true and vncorrupted doctrines, will shortly cramine also this part of studie, in suche wyse, as thynges apt for medicine, growyng in this realme, by conference with most noble authors may be so knowen, that we shal haue lesse nede of thynges brought out of farre countreis, by the corrupcion wherof, innumerable people haue perished, without blame to be geuen to the physicions, sauyng only, that some of them not diligent inough in beholdyng their drugges or ingredience at all tymes dispensed and tried. Besydes the saied kynges, whom I haue rehersed, other honorable personages haue written in this excellent warine, and not only of the speculatiue part, but also of the practise therof: whose worckes do yet remaine vnto their glorie immortall, as Auicena, Auenzoar, Rasis, Cornelius Celsus, Serapio, and whiche I should haue first named, Machaon, and Podalirius, noble dukes in Grecia, whiche came to the siege of Troy, and brought with them xxx. great shippes

pes with men of warre. This well considered, I take it for no shame to studie that science, or to set foorth any bokes of the same, beyng thereto prouoked by the moste noble and vertuous exaumple of my moste noble maister kyng Henrie the. viii. whose heith I hertily pray god as long to preserue, as god hath constitute mans life to continue, for his highnesse hath not disdeined to be the chiefe author and setter foorth of an Introduction into grammer, for the children of his louyng subiectes, whereby, hauyng good maysters, thei shall most easily and in short time apprehend the vnderstandyng and forme of speakyng of true and eloquent latine. O roiall hert, full of very nobilitee. O noble breast, settyng foorth vertuous doctrine, and laudable studie. But yet one thyng muche greueth me, that notwithstandyng I haue euer honoured, and specially fauoured the reuerend colledge of approued phisicions, yet some of them heryng me spoken of, haue saied in derision, that although I were pretily seen in hystories, yet beyng not lerned in physicke, I haue put in my booke diuers errours, in presumyng to write of herbes and medicines. First as concernyng hystories, as I haue planted them in my workes, beyng wel vnderstand, they be not so light of importance as they dooe esteme them, but may more surely cure mens affections, then diuers physicions do cure maladies. For whan I wrate first this boke, I was not all ignoraunt in physicke. For before that I was twentie yeres olde, a worshipfull physicion, and one of the moste renoumed at that time in England, perceiuyng me by nature

enelyned to knowlage, radde vnto me the wor-
kes of Galene of temperamentes, naturall fa-
cultees, the introduction of Johannicius, with
some of the Aphorismes of Hippocrates. And
afterward by mine owne studie, I radde ouer in
order the more part of the workes of Hippocra-
tes, Galenus, Oribasius, Paulus Celius, Alex-
ander Trallian⁹, Celsus, Plinius the one and
the other, with Dioscorides. Nor I dyd omitte
to read the long Canones of Auicenna, the com-
mentaries of Auerroys, the practises of Isake,
Haliabbas, Rasis, Mesue, and also of the more
parte of them whiche were their aggregatours
and folowers. And although I haue neuer been
at Mountpellier, Padua, nor Salern, yet haue
I found some thyng in physicke, wherby I haue
taken no littell profite concernyng myne owne
helth. Moreouer I wote not why physicions
should be angrie with me, sens I wrate and did
set forth the Castell of helth for their commodi-
tee, that the vncertayne tokens of vrines, and
other excrementes should not deceiue them, but
that by the true informacion of the sicke man,
by me instructed, they might be the more sure to
prepare medicines conuenient for the diseases.
Also to the intent that men obseruyng a good
order in diete, and preuentyng the great causes
of sickneſſe, they should of those maladies the
lower be cured. But if physicions be angry, that
I haue written physicke in englishe, let them re-
member that the greches wrate in greke, the Ro-
mains in latin, Auicenna, and the other in Ara-
bike, whiche were their own proper and mater-
nall tongues. And if thei had been as muche at-

ta-

tached with enuie and couetise, as some nowe seeme to be, they would haue deuised some particuler language, with a strange cypher or forme of letters, wherin they wold haue written their scyence, whiche language or letters no manne should haue knowen that had not professed and practised physicke: But those, although they were Paynims and Iewes, in this part of charitee, they farre surmounted vs chrystians, that they would not haue so necessarie a knowlage as physicke is, to be hidde from theim, whiche would be studiouse about it.

¶ Finally God is my iudge, I write neyther for glorie, reward, nor promocion, onely I desire men to deeme well mine intent, sens I dare assure them, that all that I haue written in this boke, I haue gathered of the most principall writers in physicke. Whiche beyng throughly studied and wel remembred, shall be profitable (I doubt not) vnto the reader, and nothyng noyouse to honest physicions, that dooe measure their studie, with moderate liuyng and chrysten charitee.

The table.

IT MVST BE remembred, that the noumber in the Table, doeth signifie the leafe, and the letter A, dooeth signifie the first page or syde, the letter B, the second page or syde.

A

ANcred to thiges naturall. folio.1.b.
Ages fol.10.b & 40.a
Ayre. fol.1.b.and.12.a
Appuls. fol.21.a
Almondes. fol.22.b
Anyse seede. fol.25.b
Ale. fol.36.b
Abstinence. fol.55.b
Affectes of the mynde. fol.64.a
Autumne. fol.39.b

B

BLoud. fol.8.a
Beetes.fo.24.b
Bydes fo.30.a
Brayn exceedyng in heate. fol.3.b
Brayne exceadyng in colde ibid.
Brayne moyste. ibid.
Brayne drie. fol.4.a
Brain hot & moist. ibi.
Brain hot and dry.ibi.
Brain cold & moist.4.b
Brain cold & dry. ibid.
Brayne sicke.fol. 81.b
Breast sicke. fol.82.a
Biefe. fol.29.a
Beanes. fol.25.b
Breakefast. fol.43.a
Budsuckers. fo.63.a
Bourage. fol.27.a
Breade. fo.28.b
Blacke byrde.fol.30.b
Bustarde. fo.31.a
Byttour. ibid.
Brain of beastes. 32.a
Butter. fo.33.a
Biere. fo.36.b
By what tokens one maie knowe whether the stomake and beade be hot or cold.fol.73.b

C

COnsiderations of things wrongeyng to helth. folio.1.a

Com=

Cõplexion of man. 2.a
Colerike body. fol. 2.b
Choler. fol. 8.b
Coler naturall. fo. 9.a
Coler vnnaturall. ibi.
Colour. fo. 11.a
Coloure of inwarde causes. ibid.
Colour of outewarde causes. ibid.
Colour of vrines. fol. 82.b
Colour of heare. 11.a
Causes whereby the aire is corrupted. 12.a
Custome. fo. 17.b
Commoditee hapning by moderate vse of the qualitees of meat. 18.b
Cucumbers. fol. 19.b
Cheries. fol. 21.a
Chestnuttes. fol. 22.b
Capers. fol. 23.a
Colewortes and cabages. fol. 23.b
Cykorie. fo. 24.a
Cherupie. fol. 25.a
Carettes. fo. 26.a
Consideracions in abstinence. fol. 55.a
Cloues. fol. 28.b
Conye. fol. 29.b
Capons, hennes, and chickens. fol. 30.a
Crane. fo. 31.a
Chese. fol. 33.a
Cyder. fo. 36.b
Confortatiues of the hert. fo. 69.a
Children. fo. 66.a
Counsails against ingratitude. fo. 46.b
Chaunces of fortune. fol 68.b
Cruditee. fol. 69.b
Concoction. ibidem.

D

Distemperature hapnyng by excesse of sundrie qualitees of meate. fol. 18.a
Deere red and falowe. fol. 29.b
Dates. fol. 20.a
Ducke. fol. 31.a
Diuersitee of meates. fol. 44.a
Digestiues of choler. fol. 59.b
Digestiues of fleume. fol. 60.a
Diet concernyng sundry times of the yere. fol. 39.b
Dominion of sundrie complexions. fo. 70.b

Diete of sanguine persons. fol.72.b
Diete of cholerike persons. ibidem
Diete of fleumaticke persons. fo.65.a
Diete of melancholike persons. foli.68.a
Diete of them, whiche be readie to fall into sickenesse. fol.79.a
Diete in tyme of pestilence. fo.88.a
Drinke betwene meates. fo.43.b
Drink at meales.46.a
Digested. fol.55.a
Death of childrē.68.a

E

Elementes.fol.1.b
Earth. ibid
Endiue.fol.24.b
Egges. fol.33.a
Exercise. 48.a and.50.a
Euacuation.fol.54.b
Excrementes. ibidem

F

Fleumatike body. fol.2.b
Fyre. fol.1.b
Fleume. fol.8.a
Fleume naturall. ibi.
Fleme vnnaturall.8.b
Fruictes. fo.19.a
Fygges. fol.20.a
Fenell. foli.25.b
Fylberdes. fo.22.a
Fleshe. fol.29.a
Felant. fo.30.b
Feete of beastes. 32.b
Filshe ibid
Fricacies or rubbynges. fo.49.a

G

Genitors hotte. fol.7.a
Genitors colde ibidem.
Genitours moist.ibid.
Genitours drie. ibid.
Genitours hotte and moyste. fol.7.b
Genytours hotte and drie. ibi.
Genytours colde and moyste. ibid.
Genytours colde and drie. ibid.
Gourdes. fo.19.a
Grapes. fol.20.b
Garlyke. fo.26.b
Synger. foli.28.a
Goose. fo.31.a
Gylar of byrdes. 31.b
Gluttony. fo.45.a
Gestacion. foli.51.b

The table.

H

Hert hot distem=
pered. fol.4 b
Hert cold distẽ=
pered. fol.5.a
Hert moyste distempe=
red. ibidem
Heart dzie distempzed.
ibidem.
Hert hot and moist.ibi
Hert hot and dzye. 5.b
Hert colde & moist. ibi.
Hert cold and dzie.ibi.
Hert sicke. fo.81.b
Humours. fol.8.a
Humour superfluous.
fol.55.a
Herbes vsed in potage
or to sate. fol.22.b
Hare. fol.29.b
Hearon. fol.31.a
Hert of beastꝭ.fo.32.a
Head of beastes. ibid.
Hasyll nuttes.fo.22.a
Hony. fol. 7.b
Hemozoides or pyles.
fol.63.b
Heauynesse or sozow.
fol.66.a

I

Hope. fol.17.a
Ioye. fo.70.a
Ire. fo.64.b
Clydde. fo.29.b

L

Luer in heate di=
stempzed.fol.6.a
Lyuer colde di=
stempered. ibid.
Lyuer moyst distempe=
red. ibid.
Lyuer dzie distempzed.
ibidem.
Lyuer sicke. fol.81.b
Lettyse. fo.23.b
Leekes, fo.27.a
Lambe. fo.29.a
Larke. fol.30.b
Lyuers of byrdes and
beastes. fol.31.b
Lunges of beastes.ibi.
Letting of bloud.61.a
Leaches or bloud suc=
kers. fol.63.a
Losse of goodes. 68.b
Lacke of pzomocion.
ibidem.
Lassitude. foli.77.b
and.78.b

M

Melancholicke
body. fol.3.a
Melãcoly. 9.a
Melãcoly natural.ibi.
Melancholy vnnatu=
rall. ibid.
Membzes instrumen=
tall. fol.9.b

Meate

Meat and drink. 12.b
Meates making good iuyce. ibidem
Meates makyng yll iuyce. fol. 13.a
Meates making thick iuice. fo. 14.a
Meates makyng choler. fol 13.b
Meates making fleme ibidem
Meates ingenderyng melancholy. fol. 14.a
Meates hurtyng the teeth. fol. 14.b
Meates hurtyng the eyen. ibid.
Meates makyng oppilacions fol. 15.a
Meates wyndie. ibid.
Melons. fol. 19.b
Medlars. fo. 22.a
Malowes. fol. 24.b
Mutton fo. 29.b
Moderacion in diete. fol. 41.b
Meales. fo. 24.a
Maces. fol. 28.b
Membres of byrdes. fol. 31.b
Melte or splene. folio. 32.a
Marowe. ibid.
Mylke. fo. 35.b

N

Nutmygges. 38.b
Nauewes. fol. 26.a

O

Officiall membres. fol. 9.b
Operacions. xi.b
Olyues. 23.a
Orenges. ibid.
Onyons. fol. 26.b
Order in eatyng and drinkyng. fol 45.b
Oppiacions what they are. fo. 49.a
Obstruction or rupture. ibid.
Olde men. ibid.
Ordure. fol. 55.a

P

Principall membres, fol. 9.b
Partes similares. ibid.
Powers natural. 10 a
Powers spiritual. ibi.
Powers animall. ibid
Pepons. fo. 19.b
Peaches. fo. 21.a
Peares. fo. 22.a
Pourslane. fol. 25.a
Perslely. ibi.
Purgers of coler. 59 b
Pourgers of fleume. fol. 60.b

Pura

Purgers of melancoly. ibid.
Preceptes of Diocles. fol.85.a
Pomegranates. 21.b
Prunes. fo.22.b
Peason. fol.25.b
Parsnepes. fol.26.a
Pentroyall. fol.27.b
Pepper. fo.28.a
Partriche. fol.30.b
Plouer. ibid
Pygeons. fol.31.a
Particuler commodites of euery purgacion. fol.58.b
Peculiar remedies of euery humour 72.a
Purgacions by siege. fol.57.and.58.b

Quantitee of meat.fol.16.a
Qualitee of meat.fol.17.a and 18.b
Quynces. folio. 21.b
Quayle. fol.30.b

Raisons.fo.20.b
Rapes.fo.26.a
Radisshe. 26.b
Rokat. fo.27.b
Rosemary. ibid
Repleccion. fol.53.b
Reumes, and remedies therfore. fol.72.b

Sanguine body.2 a
Stomak hot.6.b
Stomak cold.ibi.
Stomake moiste. ibidem.
Stomake drie.fol 7.a
Spirite naturall.10.b
Spirite vitall. ibid.
Spirite animall. ibid.
Stoanes of beastes. foll.32.a
Sorell. fo.25.a
Sauge. fol.27.a
Stomacke in the whiche meat is corrupted. fol.86.b
Stomake sicke. 82.a
Slepe & watche. 47.a
Sauery. fol.27.b
Saffron. fol.28.b
Swynes flesshe. 29.a
Sparowes. fol.30.b
Shouelar. fol.31.a
Souper. fo.43.b
Sugar. fol.38.a
Syrope acetose. folio 38.b
Spring tyme.fo.29.a
Sommer. folio.39.a
Scarifiyng. fol.62.b

Sicke

Sicknesses appropried to sundrie seasons and ages. fol. 79. a
Significacions of sickenesse. fo. 81. a
Substance of vrines. fol. 83. b
Spices. fol. 28. a

T

Thynges Naturall. fol. 1. a
Thyngs not naturall. ibid.
Thynges against nature. ibid.
Thynges good for the head. fol. 15. b
Thynges good for the heart. ibid
Thynges good for the lyuer. ibidem
Thynges good for the lunges. ibid.
Thynges good for the eyes. fo. 16. a
Thynges good for the stomacke. ibid.
Temperature of meates. fo. 17. b
Turnyppes. fol. 26. a
Thyme. fol. 27. b
Towncresses. ibid.
Trypes. fol. 31. b
Tung of beastes. 32. a
Tyme. fol. 38. b and. 39. b
Tymes in the day concernyng meales. 42. a
Tymes appropried to euery humour. 71. b

V

Vyndes. 12. a
walnutts. 22. a
Veale. fol. 29. b
Venyson. ibi.
Woodcockes. fo. 31. a
Vdder. fo. 32. a
Water. fol. 1. b. & 33. b
Wynter. fol. 38. b
Wyne. fol. 34. b
Whay. fo. 36. b
Vociferacion. fo. 52. b
Vomite. fol. 56. b
Vrines. fol. 82. a
Vertue of meates. folio. 87. a

Y

Yong men. 40. b

Thus endeth the Table.

TO the conseruacion of the bodie of mankynde, within the limitacion of helth, whiche (as Galene saieth) is the state of the bodie, wherein we be neither greeued with peyne, nor let from doeyng our necessary businesse, doeth belong the diligent consideracion of three sortes of thynges, that is to saie.

- Thynges Naturall,
- Thynges not Naturall, and
- Thynges against Nature.

¶ Thynges naturall be. vii. in numbre.

- Elementes
- Complexions — Powers; Operacions and Spirites.
- Humours
- Membres

¶ These be necessarie to the beyng of helth, according to the order of their kynde: and be alwaie in the naturall body.

¶ Thynges not naturall be sixe in number.

- Ayre
- Meate & drinke — Emptines and replecion and
- Slepe & watch — Affections of
- Mouyng & reste — the mynde.

¶ Thynges against nature be three.

- Sickenesse.
- Cause of sickenesse.
- Accident, which foloweth sicknes.

¶ An-

¶ Annexed to thynges naturall.

Age. Fygure, and
Colour. Diuerſitee of kyndes.

¶ The elementes be thoſe originall thinges vnmyxte and vncompound, of whoſe temperance and myxture, all other thynges hauyng corporall ſubſtaunce be compact: Of them be foure, that is to ſaie.

Earth,
Water,
Ayre, and
Fyre.

¶ Earth is the moſte groſſe and ponderouſe element, and of hir proper nature is colde and dzie.

¶ Water is more ſubtill and light than earth, but in reſpect of Ayre and Fyre, it is groſſe and heauie, and of hir propre nature is colde and moyſte.

¶ Ayre is more light and ſubtill than the other two, and beyng not altered with any exteriour cauſe, is properly hotte and moyſte.

Fyre, is abſolutely light and cleere, and is the clarifier of other elementes, if they be vicyate or out of their naturall temperaunce, and is properly hotte and dzie.

¶ This is to be remembred, that none of the ſaid elementes be commonly ſeene or felt of mortall men, as they are in their originall beyng: but they whiche by our ſentes be perceyued, be corrupted with mutuall myxture, and be rather earthie, watrie, ayrie, and fyrie, than abſolutely earth, water, ayre, and fyre.

Of the complexcion of man. Cap. 2.

Complexcion is a combinacion of twoo diuerse qualitees of the foure elementes in one body, as hot and dry of the fyre, hotte and moyste of the ayre, colde and moiste of the water, cold and drie of the Earth. But although all these complexcions be assembled in euery bodie of man and woman, yet the bodie taketh his denominacion of those qualities, whiche abound in him, more than in the other, as hereafter insueth.

¶ The bodie, where heate and moisture haue soueraintee, is called Sanguine, wherein the ayre hath preeminence, and it is perceiued and knowen by these signes, whiche doe folow.

Sāguin.
- Carnolitee or fleshinesse.
- The veynes and arteries large.
- Heare plentie and redde.
- The vysage white and ruddie.
- Sleape muche.
- Dreames of bluddie thynges, or thynges pleasaunt.
- Pulse great and tull.
- Digestion perfect.
- Angrie shortly.
- Siege, vrine, and sweat abundāt.
- Fallyng shortly into bleedyng.
- The vrine redde and grosse.

¶ Where cold with moysture preuaileth, that body is called Fleumatike, wherin water hath preeminence, and is perceiued by these signes.

Fleumatike.
- Fatnesse quauyng and soft.
- Veynes narowe.
- Heare ruche and plaine.
- Colour white.
- Sleape superfluous.
- Dreames of thinges watrie, or of fysche.
- Slowneſſe.
- Dulneſſe in learnyng.
- Cowardiſe.
- Pulſe slowe and littell.
- Digeſtion weake.
- Spittell white, abundant, and thicke.
- Urine greſſe, white, and pale.

¶ Cholerike, is hot and drie, in whom the fire hath preeminence, and is discerned by these signes folowyng.

cholerike.
- Leanneſſe of bodie.
- Costifeneſſe.
- Heare blak or dark aburn, curled
- Vysage and skinne red as fyre, or salowe.
- Hotte thynges noyfull to hym.
- Littell sleape.
- Dreames of fire, fighting, or āger
- Witte sharpe and quicke.
- Hardie and sightyng.
- Pulſe swift and strong.
- Urine high coloured and clere.
- Voyce sharpe.

Melanco-

¶ Melancolyke is colde and dzie, ouer whom the earth hath dominion, and is perceiued by these signes.

Melancolyke.
- Leanneſſe with hardneſſe of ſkynne.
- Heare plaine and thinne.
- Colour duſkiſhe, oz white with leanneſſe.
- Muche watche.
- Dzeames fearefull.
- Stiffe in opinions.
- Digeſtion ſlowe and yll.
- Tymozous and fearefull.
- Anger long frettyng.
- Pulſe littell.
- Seldome laughyng.
- Urine watry and thinne.

BEſides the ſaied complexcions of all the hole body, there be in the particuler membres, complexcions, wherin if there be any diſtemperance, it bzingeth ſickneſſe oz gricfe into the membze. Wherfoze to know the diſtemperature, theſe ſignes folowyng would be conſidered. Fozſene, that it be remembzed, that ſome diſtemperatures be ſimple, and ſome be compound. They whiche be ſymple, be in ſimple qualitees, as in heat, cold, moiſt, oz dzie. They whiche be compound, are in compounde oz mixte qualitees, as heate and moyſture, heat and dzythe: colde and moyſte, colde and dzie. But nowe firſt will we ſpeake of the ſymple complexcions of euery pzincipall member, beginnyng at the bzayne.

The brayne exceding in heat hath

- The head and vysage very redde and hot.
- The heare growyng faste, blacke and courled.
- The veines in the eies apparaunt.
- Superfluo⁹ matter in the nosethyls, eien, & eares.
- The heade annoyed with hotte meates, dzinkes, and sauours.
- Slepe shozt and not soūd

The brayne exceedyng in cold hath

- Muche superfluitee runnyng out of the nose, mouth, eares, and eien.
- Heare streight & fine growing slowly, and flarē.
- The head disposed bi smal occasion to poses and murres.
- It is soone annoied with colde.
- It is colde in touchyng.
- Veynes of the eien not seene.
- Sleapie somwhat.

Moist in excesse hath

- Heares playne.
- Seldome oz neuer bald.
- Witte dull.
- Muche superfluitees.
- Slepe muche and depe.

The brayne drye hath
- No superfluitees rūnyng.
- Wittes good and redy.
- Watchefull.
- Heares blacke, hard and fast growyng.
- Balde shortly.

Complexcions compounded.

Brayne hot & moist distempered hath
- The head akyng & heuie.
- Full of superfluitees in the nose.
- The southern wind greuous.
- The Northern wynde holsome.
- Slepe deepe but vnquiet with often wakynges and strange dreames.
- The senses and wit vnperfect.

Brayn hot and dry distempered hath
- None abundance of superfluitee, whiche may be expelled.
- Senses perfect.
- Muche watche.
- Soner balde than other
- Muche heare in chyldehoode, and blacke or browne, and curled.
- The hed hot and ruddy.

Braine cold & moiſt diſtempred hath
- The ſenſes and wit dul
- Muche ſleape.
- The head ſone repleniſhed with ſuperfluouſe moyſture.
- Diſtillaciõs and poſes or murres.
- Not ſhortly balde.
- Sone hurt with colde.

Brain cold and dry diſtempered hath
- The head cald in feling and without colour.
- The veines not aprring
- Sone hurt with colde.
- Often diſeraſed.
- Wit perfecte in childehode, but in age dull.
- Aged ſhortly, and bald.

Of the Hert.

The hert hotte diſtẽpered hath
- Muche blowyng & puffyng.
- Pulſe ſwift and buſie.
- Hardineſſe & manhod much
- Promptneſſe, actiuitie, and quickeneſſe in dooyng of thynges.
- Furie and boldneſſe.
- The breaſt hearyer toward the left ſyde.
- The breaſt brode with the head littell.
- The body hotter, except the lyuer doe let it.

The hert cold distempered hath
- The pulse very lyttell.
- The breth littell and slow
- The brest narow.
- The body all cold, except the liuer doth inflame it,
- Feareful nesse.
- Scrupulositie & muche care
- Curiositee.
- Slowneſſe in actes.
- The breast cleane without heares.

The hert moyst distempred hath
- The pulse soft.
- Sone āgry & sone pacified.
- The body all moyst, except the lyuer disposeth cōtrary

The hert dry dystempered hath
- The pulse harde.
- Not lyghtly angry, but beyng angry, not sone pacified.
- The body dry, except the liuer doth dispose contrary

The hert hotte and moyste.
- The brest and stomake hery
- Promptnes in actes.
- Soone angry.
- Fiersnes but not so much as in hotte and dry.
- Pulse soft, swyft, and busy.
- Breath or wynd accordyng.
- Shortely falleth into. dyseases caused of putrifaction.

The hert hotte and dzie

- The herte poulse great and swift.
- The bzeath oz wynde acoz-dyng.
- The bzeast and stomache all heary.
- Quicke in his doynges.
- Boldnesse and hardinesse.
- Swift & hasty in mouyng.
- Sone styzred to angre, and tyzannous in maners.
- The bzeast bzode and all the body hot and dzy.

The hert colde and moyste.

- The pulse soft.
- Fearefull and tymozous.
- Slowe.
- The bzeast cleane without heare.
- Not hastily angrie, noz re-teinyng anger.
- The bzeast narow.
- All the bodie cold and moist.

The hert colde and dzie hath

- The pulse hard and littell.
- The wynde moderate.
- Seldom angry, but whan it hapneth, it dureth long.
- The bzeast cleane without heare and littell.
- All the bodie colde and dzie.

Of the Liuer.

The liuer in heate distempered hath,
- The veynes great.
- The bloud more hotthan temperate.
- The bealy heary.
- All the body hot, excedyng temperance.

The liuer cold distempered hath.
- The veynes small.
- Abundance of fleume.
- The bloude colde
- All the body colde in feelyng.
- The bealy without heare

The lyuer moyst distempered hath
- The veynes soft.
- Muche bloud and thynne.
- All the body moyst in feelyng, except the hert dyspoleth it contrary.

The lyuer dry dystempered hathe.
- The veynes harde.
- The bloudde littell and thycke.
- All the body drye.

¶ The complexions compounde may be decerned by the said symple qualyties. And here is to be noted, that the heate of the hert maye vaynquyche the colde of the liuer. For heate is in the herte, as in the fountayne or spryng: and in the lyuer, as in the ryuer. Calen. in arte pesrus. lib. 2

Of the Stomake.

The ſtomake hotte dyſtempered.

- He dygeſteth well ſpecyally harde meates, & that wil not be ſhortly altered Lyght meates and ſoone altered, be therein corrupted.
- The appetyte littell and ſlowe.
- He deliteth in meates and drynkes whiche bee hotte for euery naturalle complexion deliteth in his ſemblable.

The ſtomake cold dyſtempered,

- He hath good appetite.
- He digeſteth yl and ſlowly, ſpecially groſſe meates and harde.
- Colde meates dooe ware lowre beyng in him vndigeſted.
- He deliteth in meates and drinkes, whiche be cold. and yet of theym he is indomaged.

The ſtomak moiſt diſtempered.

- He thriſteth but ſeldome, yet he deſyreth to drynke, with ſuperfluouſe drink he is hurte.
- He delytethe in moyſte meates.

He

The stomacke dry dystempered.
- He is soone thyrsty.
- Contente with a lyttell dryncke.
- Diseased with muche dryncke.
- He deliteth in dry meates

¶ It is to be noted, that the dispositiõs of the stomake natural, do desire that which is of like qualities. The dispositions vnnaturall, do desyre thynges of contrary qualities.
¶ Also not the stomake only causeth a man to thyrst or not thirste, but also the lyuer, the lunges and the herte.

Of the genitories or stones of generacion.

The genitories hot distempred
- Great appetite to the act of generacion.
- Ingendryng men chyldren.
- Heare soone growen about the membres.

The genitories cold distempred
- Smal appetite to the act of generacion.
- Ingendring women childrē
- Slowe growthe of here aboute the membres.

The genitories moist distempred
- Sede abundant but thyn and watrie.

The genitories dry distemped.
- Sede litel but metely thyke in substance.

Lasse

Genitories hot and moyste,
- Lesse apetyte to lechery than in them, whiche be hotte and dryy.
- Moze puissance to do it, and without lesse domage
- Hurt by abstenyng from it.
- Lesse herines thā in hot & dry

The genitories hotte and drye,
- The sede thycke.
- Muche fruitefulnes of Generacion.
- Great appetite and redynes to the act.
- Heare aboute the membres lone growen.
- Swiftnesse inkrydyng of the acte.
- Soone ther with satisfied.
- Damage by vsyng therof.

The genitories cold and moyst
- The sede watry and thinne
- Lyttell delyre to the act, but moze puissance than in them whiche be colde and drye.
- Littell heares oz non about the membres.

Thegenitories colde and drye.
- Heares none oz few.
- Litel apetit oz non to lecherl
- Litell puissance to doe it.
- Ingendrynge moze females than men chyldren.
- That litel sede that is is thicker than in colde and moyst.

Of humours.

IN the body of Man be fowre principall humours, which continewyng in the proporcion, that nature hath lympted, the bodye is free from all sickenesse. Contrary wyse, by the increase or diminucion of any of theim in quantitee or qualitee, ouer, or vnder their naturall assignement, in equall temperature cometh into the body, whiche sickenesse foloweth more or lasse accordyng to the lapse or decay of the temperatures of the saied humoures, whiche be these folowyng.

Bloudde, Choler,
Flewme, Melancoly.

¶ Bloude hath preeminence ouer all other humours in sustenyng of all liuyng creatures, for it hath more contormitie with the originall cause of liuyng, by reason of temperateneſſe in heate and moysture, also nourisheth more the body, and restoreth that which is decated, being the very treasure of lyfe, by losse wherof, death immediately foloweth. The dystemperature of bloud happeth by one of the other thre humors, by the inordinat or superfluous mixture of the

¶ Of Fleume.

¶ Fleume is of two sortes, { Natural and Vnnaturall.

¶ Natural fleume is a humour colde & moist, white and swete, or without tast, ingendred by insufficiēt decoction in the second digestion of the watry or raw partes of the mattier decoct called

called Chilus, by the laste dygestiõ made apt to be cõuerted into bloud. In this humour, water hath dominion most principall.

¶ Felwme vnnaturall is that, whiche is myxt with other hvmours, or is altered in his qualitee, And therof is viii. sundry kyndes.

Fleume.

- Watry, whiche is foũden in spettl of the great drinkers, of them, whiche dygeste yll.
- Slimy or rawe.
- Glasi, lyke to whyte glasse, thicke,
- Viscous lyke byrde lime and heuy,
- Plastry, which is very grosse, and as it were chalky, suche is founde in the toyntes of them, whiche haue the goute.
- Salt, which is mingled with coler,
- Sower, mixt with melancoly, whiche commeth of corrupt digestion.
- Harshe, thycke and grosse. whiche is seldome founden, whiche tasteth lyke grene crabbes or sloes.
- Stiptik or bindyng, is not so gross nor cold, as harsh. and hath the tast lyke to grene redde wyne, or other lyke, straynyng the tunge.

Ponticũ

¶ Choler doth participate with naturall heat as long es it is in good temperance. And there of is also two kyndes,

Naturall and
Vnnaturall.

Na

Choler natural

¶ Naturall choler is the fome of bloudde, the colour wherof is redde and clere, or more like to an orenge colour, and is hot and dry, wherin the fire hath dominion: and is light and sharpe, and is ingendred of the most subtill part of matter decoct or boyled in the stomack, whose begynnyng is in the liuer.

¶ Unnatural choler is that, which is mixt or corrupted with other humors, wherof be foure kyndes.

Citrine or yelowe choler, whiche is of the mixture of natural choler, and watry fleume, and therfore hath lesse heat than pure choler.

Yelky lyke the yelkes of egges, whiche is of the myxture of flewme congeled, an choler naturall, and is yet lasse hot than the other.

Grene lyke to lekes, whose beginninge is rather of the stomak, thā of the liuer

Grene lyke to grene canker of mettall, and burneth lyke venim, and is of excedyng aduſtion of choler or fewme, and by these two kindes nature is mortified.

¶ Melancoly or blacke choler is diuided into two kyndes.

Natural, which is the dregges of pure bloud, and is knowen bi the blacknes, whan it ſſueth eyther downewarde or vpwarde, and is verye colde and dry.

Unnaturall, whiche procedeth of the aduſtis

aduſtion of cholerike mixture, and is hotter & lighter, hauyng in it violence to kill, with a dangerous diſpoſition.

Of the membres.

There be diuerſitees of members. that is to ſay.

- The brayne.
- The herte.
- The lyuer.
- The ſtones of generacion

Official membres.
- Synewes whiche do ſerue to the braine.
- Arteries or pulſes, whiche do ſerue to the hert.
- Veynes which do ſerue to the lyuer.
- Veſſels ſpermatike, wherein mans ſede lieth, whiche dooe ſerue to the ſtones.

Partes called Similares, for beyng deuided they remayne in theim ſelfe lyke as thei were.
- Bones.
- Griſtell.
- Calles betwixt the vttermoſte ſkyn and the fleſhe.
- Muſkles or fillettes
- Fatte.
- Fleſhe.

membres inſtrumentall.
- The ſtomacke.
- The raynes:
- The bowelles.
- All the great ſynewes.

Theſe of their vertu do apetitemeate & alter it:

Of

Of powers.

- Animall.
- Spirituall.
- Naturall.

Naturall power.
- Whiche doe minister.
- To whom is ministred.

Whiche dooeth minister.
- Appetiteth.
- Retayneth.
- Digesteth.
- Expelleth.

To whom is ministred.
- Ingendreth.
- Nourisheth
- Feedeth.

Power spirituall
- Working, which dilateth the hert & arteries, and eftsones streineth them.
- Wrought, which is stired by an exteriour cause to work, wherof comth āger idignaciō, subtiltie, & care.

Power animall.
- That which ordeineth, discerneth, and completh.
- That mooueth by voluntarie mocion.
- That which is called sensible, wherof do procede the fiue wittes,

Of that whiche ordeineth dooe procede
- Imagination in the forhed.
- Reason in the brayne.
- Remembrance in the nodel.

Operations.
- Appetite by heate and drithe.
- Digestion by heate and moisture.
- Reteinyng by cold & drithe.
- Expulsion by cold & moyste.

¶ Spirite is an ayrie substance, subtil, stiryng the powers of the bodie, to perfourme their operations, whiche is deuided into

- Naturall, whiche taketh his beginnyng of the lyuer, and by the veynes, whiche haue no pulse, spreadeth into al the hole body.
- Vitall, whiche procedeth frō the hert, and bythe arteries or pulses is sent into all the hole bodie.
- Animall, whiche is ingendred in the brayne, and is sent by the senewes, thoroughout the bodie, and maketh sence or feelyng.

¶ Annexed to thynges naturall.

Ages be. iiii.
- Adolescencie to. xxv. yeares hot and moist, in thewhich tyme the bodie groweth.
- Iuuentute vnto. xl. yeares hot and drie, wherein the body is in perfect growth.
- Senectute, vnto. lx. yeares, cold and drie, wherein the body begynneth to decrece.

Ages

Age decrepite, vntill the last tyme of lyfe, accidentiy moiste, but naturally cold and drie, wherin the powers and strēgth of the bodie be more and more minished.

¶ Colour.

Of inward causes.
Of outward causes.

Coler of inwardcauses
- Of equalitee of humours, as he that is redde and white.
- Of inequalitie of humours, wherof doe procede black, salow, pale, or white onely.
- Redde. } doe betoken dominion of heate.
- Blacke. }
- Salowe. }
- White, colde of fleume.
- Pale colde melancoly.
- Redde, abundance of bloud.
- Salowe, choler citrine.
- Blacke, melancolie or choler aduste.

Colour of outwarde causes.
- Of colde or heate, as Englishe men be white, Moriens be blacke.
- Of thinges accidental, as of feare, of anger, of sorrow, or other like mociōs

Coloure of heare.
- Blacke, either of aboundaunce of choler inflamed, or of muche incendyng or aduſtion of bloud.
- Redde heare of muche heate not aduſte.
- Gray heares of abundance of melancholy.
- White heares of the lacke of naturall heate, and by occaſion of fleume putrified.

¶ All the reſidue concernyng thynges natural conteined in the Introduction of Joannitius, and in the littell craft of Galene, I pourpoſely paſſe ouer for this tyme, for as muche as it doeth require a reader hauyng ſome knowlage in philoſophie naturall, oţels it is hard and tedious to be vnderſtand. Moreouer this, whiche I haue written in this firſt tables, ſhalbe ſufficient to the conſeruacio of helth, I meane with that whiche now foloweth in the other tables.

¶ The ſecond Table.

THynges not natural be ſo called, becauſe thei be no porcion of a naturall body, as they be, whiche be called naturall thynges, but yet by the temperaunce of theim the bodie beeyng in health, ſo conſiſteth, by the diſtemperaunce of them, ſickeneſſe is induced, and the bodie diſſolued.

¶ The firſte of thynges not naturall, is ayre, whiche is properly of it ſelfe, or of ſome materiall

riall cause or occasion good or yll.

¶ That whiche is of it selfe good, hath pure vapours, and is odoriferous.

¶ Also it is of it self, swift in alteracton from hot to cold, wherin the bodie is not muche prouoked to sweate for heate, ne to chyll for vehemencie of colde.

¶ Ayre among all things not naturall is chefly to be obserued, for as muche as it doeth both inclose vs, and also enter into our bodies, specially the most noble member, which is the hert, and we can not be separate one howre from it. for the necessitee of breathyng and fetchyng of wynde.

¶ The causes wherby the ayre is corrupted, be specially fowre.

- Influence of sundrie sterres.
- Great standyng waters neuer refreshed.
- Carraine lyng long aboue ground.
- Muche people in smal roume lyng vncleanely and sluttishely.

Wynd bryngyng holsome ayre.

- North, whiche prolongeth lyfe, by expulsyng yll vapours.
- East is temperate & lusty.

windes bringeyng yll ayre.

- Southe corrupteth, and maketh yll vapours.
- Weste, is very mutable, which nature doth hate

The first

¶ Meate and drinke.

¶ In meate and drinke we muste consider sixe thynges.

- Substance.
- Quantitee.
- Qualitee.
- Custome.
- Tyme.
- Order.

¶ Substaunce, some is good, whiche maketh good iuice and good bloud, some is yll, and ingendreth yll iuice and yll bloud.

Meates and drinkes makyng good iuyce.

¶ Bread of pure floure, of good wheate somwhat leuened, well baked, not to old nor to stale.

Egges of fesauntes, hennes, or partriches newe laied, poched, meane betwene rere and harde.

Milke new milked, dronke fastyng, wherin is suger or the leaues of myntes.

Fesaunte.

Partryches or chickens.

Capons or hennes.

Byrdes of the feeldes.

Fysshe of stonie riuers.

Veale suckyng.

Porke young.

Beefe not passyng. iii, yeres.

Pygeons.

Venison of redde dere.

Peason potage with myntes.

Feete

Feete of swyne or calues.
Fygges rype, } before meales.
Raysons, }
Bourage.
Languedebiefe.
Perfely.
Wyntes.
Ryce with almonde mylke.
Lettyse.
Cykozie.
Grapes.
Wines good moderately take, well fined.
Ale and biere sixe daies olde, cleane brewed, and not stronge.
Wyzth and gladnesse.
The lyuer and braynes of hennes and chikens, and yong geese.
¶ Meates and drinkes makyng yl iuyce.
¶ Olde biefe.
Olde mutton.
Geese olde.
Swanne olde.
Duckes of the kanell.
Inward of beastes.
Blacke puddynges.
The hert, liuer, and kydneis of al beastes,
The braynes and marie of the backbone.
Wood culuers.
Shell fishe, except creuise de eau doulce.
Cheese hard.
Apples and peares muche bsed.
Figges and grapes not rype,
All rawe herbes, except lettise, borage,

and Cykorie.

Onyons, Garlyke, Leekes, } immoderately vſed, ſpecially in Cholerike ſtomackes.

Wyne in muſte or lowze.

Feare, ſorowe, and penſifeneſſe.

Meates ingendryng choler.

Garlyke.
Onyons.
Rokat.
Kerſis.
Leekes.
Muſturde.
Pepper.
Honye.
Wyne muche dronken.
Swete meates.

Meates ingendryng fleume.

All fiymie and cleauyng meates.
Chefe new.
All fiſche, ſpecially in a fleumatik ſtomack.
Inwardes of beaſtes.
Lambes fleſhe.
The ſynew partes of fleſhe.
Skynnes.
Braynes.
Lunges.
Rapes.
Cucumbers.
Repletion.
Lacke of exerciſe.

Meates ingendryng melancholy.

Bieke.
Gotes flesche.
Hares flesche.
Bores flesche.
Salte flesche.
Salte fysche.
Colewortes.
All pulse except white peason.
Browne breade courle.
Thycke wyne.
Blacke wyne.
Olde chese.
Olde flesche:
Great fysches of the sea.
Meates makyng thicke iuyce:
Rye breadde.
Muste.
Breade without leauen.
Cake breadde.
Sea fysche great.
Shell fysche.
Bieke.
The kydneys.
The lyuer of a swyne.
The stones of beastes.
Mylke muche sodden.
Rapes.
All rounde rootes.
Cucumbers.
Sweete wyne.
Deepe redde wyne.
Garlyke.

Muſtarde.
Origanum.
Hyſope.
Baſyll.
Fencll.
Chele.
Egges fried or hard.
Cheſten nuttes.
Nauews.
Figges grene.
Appuis not rype.
Pepper,
Rokat,
Leekes,
Onyons,
} muche vſed.

¶ Meates whiche do hurt the teath,

¶ Very hotte meates.
Nuttes.
Swete meates and drynkes.
Radyſhe rootes.
Harde meates.
Mylke.
Bytter meates.
Muche vompte.
Leekes.
Fyſche fatte.
Lymons.
Colewortes.

¶ Meates which do hurt the eies.

¶ Dronkennneſſe,

Leechery.
Muſte.
All potaſe.
Swete wynes and thicke wines.
Hempe ſede.
Very ſalt meates.
Garlyke.
Onyons.
Colewoztes.
Radyſhe.
Readyng after ſupper immediately.

¶ Makyng great oppilations.

¶ Thycke mylke.
All ſwete thynges.
Rye breadde.
Swete wynes.

¶ Meates inflatyng oz wyndy.

¶ Beanes.
Luppynes.
Cicer.
Mille.
Cucumbers.
All ſuyce of herbes.
Fygges dzy.
Rapes.
Nauews raw.
Mylke.
Hony not well clarifid.
Muſte.

Thin-

Thynges good for the head.

¶ Cububes:
Galingale.
Lignum aloes.
Maioram.
Baulme mintes.
Gladen.
Nutmygges.
Muske.
Rosemary.
Roses.
Piony.
Hissope.
Spyke.
Camomyll.
melilote.
Rew.
Frankyncense.

Thynges good for the herte.

¶ Cynamome.
Saffron.
Corall.
Cloues.
Lignum aloes.
Perles.
macis.
Baulme mintes.
myrabolanes.
muske.
Nutmegges.
Rosemary.

The bone of the hert. of a redde deere.
maioram.
Bugloss.
Bourage.
Setuall.

Thynges good for the liuer.

¶ Wormwoode.
with wynde.
Agrymony.
Saffron.
Cloues.
Endyue.
Lyuerwort.
Cykory.
Plantayne.
Dragons.
Reasons great.
Saunders.
Fenell.
Violettes.
Rosewater.
Lettise.

Thynges good for the lunges.

Elycampane.
Hysope.
Scabiose.
Likorise.
Raysons.
Maidenheare.

Pe-

Pendides.
Almondes.
Dates.
Pistaces,

Thynges good for the eyes.
Eye bryght.
Fenell.
Cerum.
Roses.
Celandyne.
Agrymony.
Cloues.
Colde water.

Thynges good for the stomake.
¶ Myrabolanes.
Nutmegges.
Organum.
Pystaces.
Quynces.
Olybanum.
wormwode.
Saffron.
Corall.
Agrymony.
Fumitory.
Galingale.
Cloues.
Lignum aloes.
Mastix.
Mynte.
Spodium:
The innermost skynne of a hennes gysar.
Coriander prepared.

THE SECONDE BOOKE.

of Quantitie. Cap. I.

THE QVANTITIE of meat must be porcioned after the substance and qualitie therof, and accordyng to the complexiō of him that eateth. First it ought to be remēbred, that meates hotte and moyst, which ar qualities of the blud are sone turned into blud, & therfore much nourisheth the body. Some meates do nourish but lyttell

litel, hauyng lytteil conformitie with blouddc inthey; qualities. Of them whiche do nouriſhe. ſome ar moze groſſe, ſome lyghter in digeſtion. The groſſe meate ingendzeth groſſe bloude, but where it is wel concoct in the ſtomake, and wel dygeſted, it maketh the fleſhe moze firme, and the official membzes moze ſtronge, thanne fyne meates. Wherfoze of men, whiche vſe much labour oz exercile, alſo of them, which haue very cholerike ſtomackes, here in Englande, groſſe meates may be eaten in a gret quantitie: and in a cholerik ſtomacke bief is better digeſted than a thikens leg, foz as muche as in a hot ſtomak fyne meates be ſhoztly aduſte and cozrupted. Contrariwiſe in a colde oz fleumatik ſtomake groſſe meate abydeth long vndygeſted, and maketh putrified matter. lyght meates therfoze be to ſuche a ſtomake moze apte and conuenient. The temperate body is beſte nouriſhed with a litel quantitie of groſſe meates: but of temperate meates in ſubſtaunce & qualitie, they may ſafely eate a good quantitie. Fozeſene alwaye that they eate without gourmandyſe, oz leaue with ſome appetite. And here it wold be remembzed, that the cholerik ſtomake doth not deſire ſo muche as he may dygeſte, the melancoly ſtomake may not digeſte ſo muche as he deſireth: foz colde maketh appetite, but naturale heate concocteth oz boyleth. Not withſtandyng vnnatural oz ſupernatural heate dyſtroyeth appetite, and cozrupteth digeſtion, as it appereth in feuers. Mozeouer fruites and herbes, ſpecially raw, woulde be eaten in a ſmall quantitee, al-

though

though the person be very cholerike, forasmuch as they do ingender thynne watry bloude, apt to receiue putrifaction, whiche although it bee not shortely perceyued of hym that vseth it, at length thei fele it by sundry diseases, which are long in commyng, and shortly sleeth, or be hardly escaped. Finally excesse of meates it to bee abhorred. For as it is saied in the boke called Ecclesiasticus, In muche meate shal be sikness: and inordinate appetite shal approche vnto choler. Semblably the quantitee of drinke woulde be moderated, that it excede not nor be equall vnto the quãtitie of meate, specially wine, whiche moderately taken, aydeth nature, and comforteth hir, and as the saied author of Ecclesiasticus saieth, Wyne is a reioicyng to the soule and body. And Theognes saieth in Galenes worke, A large draught of wyne is yll, A moderate draught is not only not yll, but also cõmodius or profitable.

Ecclesi. 17
Eccles 31
Gal. de tuenda sanitate.

¶ Of Qualytee of meates. Cap. 2.

Qualitie is in the complexion, that is to saye, it is the state thereof, as Hotte or colde, moyste or dry. Also some meates bee in wynter colde in acte, and in vertue hotte. And it wold be cõsidered, that euery cõplexion temperate and vntemprate, is conserued in his state, by that whiche is lyke thereto in fourme and degree. But that whiche excedeth much in distemperance, muste be reduced to his temperaunce, by that whiche is contrary to hym in fourme or qualitie, but like in degree moderatly vsed. By fourme is vndestande grossenes, fyne-

nesse,

nesse, thickenesse, or thinnesse, by degree, as the fyrste, the seconde, the thyrd, the fourth in heate colde, moysture, or dryth.

Of Custome.

CUstome in feedyng is not to be contemp ned, or littell regarded: for those meates, to the which a man hath bē of long time accustomed, though they bee not of substaunce commendable, yet do they somtyme lesse harme than better meatis, whereunto a man is not vs sed. Also the meates & drinkes, which do muche delite him that eateth, are to be preferred before that whiche is better, but more vnsauery. But if the custō be so pernicious, that it nedes must be left, than wold it be withdrawen by litle and lyttell in time of helth, and not of sickenesse. For if it shuld be withdrawen in tyme of sycknesse, Nature shuld susteyne treble detriment. first by the grieke induced by sycknesse, second by receiuyng of medicines, thirdely by forbearyng the thyng, wherin she delyteth.

Hipocra tes apho Galenus

Of the temperature of meates to be receiued. Cap. 4.

TO kepe the body in good temper, to the whose natural cōplexion is moist, ought to be giuē meates that be moist in vertue or power. Contrary wise to them, whose natu rall complexion is dry, ought to be geuen meates dry in vertue or power. To bodyes vn temperate, suche meates or drynkes ar to be gi uen,

men, which be in power contrary to the distemperance, but the degrees are alwaie to be considered, as wel of the temperance of the bodie, as of the meates. For where the meates do muche excede in degree the tẽperature of the body, they anoy the bodie in caulyng distemperaunce. As hotte wynes, pepper, garlike, onyons, and salte, be noyfull to them, whiche be cholerike, because they be in the highest degree of heate and drythe, aboue the iust temperaunce of mannes bodie in that cõplexion. And yet be thei oftentimes holsome to them, whiche be fleumatike. Contrariwyse, cold water, cold herbes, and colde fruites moderately vsed, be holsome to cholerike bodies by puttyng away the heate, excedyng the naturall temperature: and to them, whiche be fleumatike, they be vnholsome, and doe bryng into them distemperaunce of colde and moyste.

¶ What distemperaunce happeneth by the excesse of sundrie qualitees in meates and drynckes. Cap. 5.

Meates.
- Colde do congele and mortifie.
- Moist, do putrifie and hasten age.
- Dry, sucketh vp natural moisture.
- Clammie, stoppeth the issue of vapours and vrine, and ingendreth tough fleume and grauell.
- Fatte and oyly, swimmeth long in the stomake, and bringeth in loth somnesse.
- Bytter, doeth not nourishe.
- Salte, do fret muche the stomake.

Harrishe, lyke the taste of wylde fruictes, dooe constipate and restraine.
Sweete, chaufeth the bloud, and causeth opilations or stoppynges of the pores and conduites of the bodie.
Sower cooleth nature, and hasteneth age.

What commoditee happeneth by the moderate vse of the saied qualitees of meates and drinkes. Cap. 6.

Meates.

Colde asswageth the burnyng of choler.
Moyste, humecteth that which is dryed.
Drye, consumeth superfluouse moysture.
Clammie, thicketh that whiche is subtil and persyng.
Bitter, clenseth and wipeth of, also mollifieth and expelleth fleme
Salte, relenteth fleume clammy, and drieth it.
Fatte and vnctuouse, nourisheth and maketh soluble.
Stiptike or rough on the tongue bindeth and comforteth appetite
Sweete doth clense, dissolue, and nourishe.

Of

Of fruites. Cap. 7.

For as much as before that tillage of corne was inuented, & that deuouryng of flesche and fisshe was of mankind vsed, men vndoubtedly liued by fruictes, and Nature was therwith contented and satisfied, but by change of the diet of our progenitours, there is caused to be in our bodies suche alteracion frō the nature, which was in man at the beginning that nowe all fruictes generally are noyfull to man, and do ingender yll humours, and be oft tymes the cause of putrified feuers, if they bee muche and continually eaten. Notwithstanding vnto them, which haue abundance of choler, they be sometyme conuenient, to represse the flame, which procedeth of choler. And some fruites, whiche be stiptike or bindyng in taste, eaten before meales, do binde the bealy, but eaten after meales, they be rather laraitue. Now shall it not be vnexpedient, to write of some fruictes particulerly, declaryng their noyefull qualitees in appeiryng of Nature, and howe they may be vsed with least detriment.

Of Gourdes.

Gourdes rawe be vnpleasant in eatyng, yll for the stomake, and almost neuer digested, therfore he that will needes eate them, must boyle them, rost them, or frie them, euery way thei be without sauour or tast, and of their proper nature, thei geue to the body colde and moiste nourishement, and that very galen de alimen tis. 2.

litteli, but by reason of the slypperneſſe of theie ſubſtaunce: and becauſe all meates, whiche be moyſte of their nature, bee not bindyng, they lightly paſſe forth by the bealy. And beyng well ordered, they will be metely concoct, if corrupcion in the ſtomake do not preuent them: they be colde and moiſte in the ſecond degree.

¶ Of Melons and Pepons.

MElones and pepones be almoſte of one kynde, but that the melone is round like an apple, and the innermoſt partthereof, where the ſedes are conteigned, is vſed to be eaten. The pepon is muche greater & ſomwhat long, and the inner part therof is not to be eaten: They bothe are very colde and moiſt, and do make yll iuyce in the body, if thei be not well digeſted, but the Pepon muche more than the Melon, they doe leaſt hurte, if they be eaten afore meales. Albeit if they doe finde in the ſtomake fleume, they be turned into fleume, if thei finde choler, they be tourned into choler. Notwithſtandyng there is in theim the vertue to cleanſe and to prouoke vrine, they be colde and moyſte in the ſecond degree.

¶ Cucumbers.

Galē. de alimentis. 2,

CUcumbers do not excede ſo much in moiſture as melons, and therfore thei be not ſo ſone corrupted in the ſtomake: but in ſome ſtomakes, beyng moderately vſed, thei do digeſt well, but if they be aboundantly eaten

eaten, or muche vsed, they ingender a cold and thicke humour in the veynes, whiche neuer or seldome is tourned into good bloud, and somtime bringeth in feuers. Also thei abate carna" luste. The seedes as well therof, as of melons and gourdes, beyng dried, and made clene from the hulkes, are very medicinable against sickenesses proceedyng of heate, also the difficultie or let in pissyng, they be colde and moiste in the second degree.

¶ Dates

Be hard to digest, therfore beyng muche eaten, and not well digested, they annoy the head, and cause gnawyng in the stomake, and make grosse iuice, and somtime cause obstructions or stoppynges in the lyuer and spleane. And where there is inflamacio or hardnes in the body, thei ar vnholsome, but beyng well digested and temperately vsed, thei nourishe and make the flesche fyrme, and also bindeth the bealie: old dates be hotte and drie in the first degree: newe gathered are hotte and moiste in the first degree.

¶ Of fygges.

Actí. I.

Fygges eaten, do shortly passe out of the stomake, and are sone distributed into all the partes of the bodie, and haue the power to clense, specially grauel, beyng in the raines of the backe, but thei make no substancial nourishmēt, but rather somwhat louse and windy, but by their quicke passage, the wynde is soone dissolued. Therfore if they be ripe, they do least

harme of any fruites, or almost none. Dry figges and olde, are more hotte and moyste than new gathered, but tryng muche eaten thei make yll bloud and iuyce, and as some doe suppose, do ingender lice: and also anoieth the liuer and the splene, if they be inflamed, but hauyng the power to attenuate or make humours currant, they make the bodie soluble, and do clense the raynes. Also beyng eaten afore diner with ginger or pepper, or powder of tyme, or penitroyal, they profite muche to them, whiche haue oppylacions or hard congeled matter in the inner partes of the body, or haue distillacions or reumes fallyng into the breast and stomake. New fygges are hotte and moiste, olde figges are hotte in the first degree, and drie in the second.

¶ Of grapes and raysons.

Galē de alimentis, 2.

GRapes doe not nourische so much as figges, but beyng ripe, thei make not muche yll iuyce in the bodie: all be it newly gathered, they trouble the bealye, and fylleth the stomacke with wynde, therfore if thei be hanged vp a while, ere they be eaten, they are the lesse noyfull. Sweete grapes, are hottest, and do lose somwhat, and make a man thirsty. Sowre grapes are cold, and do also loose, but they are hard of digestion, and yet they doe not nourische. Thei whiche are in taste bitter or harsche, be lyke to them that are sowre. Raysons do make the stomake fyrme and strong, and do prouoke appetite, and to comfort weak bodies, be-

dioſco. 5

beyng eaten afore meales, they be hotte in the first degree, and moyste in the second.

Of Cheries.

Cheries if thei be sweete, thei do sone slyp downe into the stomacke, but if they be sowre or sharpe, they be more holsome, and do loose, if they be eaten freshe, and newly gathered, they be cold and moiste in the first degree.

Of Peaches.

Peaches do lesse harm, and do make better iuyce in the bodie, for they are not so sone corrupted weing eaten: of the iuice of them may be made a syrope, very holsome against the distemperance of choler, wherof procedeth a stinkyng breathe: They be colde in the first degree, and moyste in the second.

Of Appuls.

All appulles eaten soone after that they be gathered, ar cold, hard to digest, and do make yl and corrupted blud, but beyng well kept vntill the nert winter, or the yere folowyng, eaten after meales, they are right holsome, & doe confirme the stomake, and make good digestion, specially if thei be rosted or baken, most properly in a cholerike stomak: thei ar best preserued in hony, so that one touch not an other. The rough tasted appuls are holsome, where the stomake is weake by distemperaunce of heate or muche moysture. The bitter

appulles, where that grefe is increased. The lowze appulles, where the matter is congeled or made thicke with heate: In distemperature of heate and drythe by drinkyng muche wyne, they haue been founde commodiouse: beeyng eaten at night, goeyng to bedde, without drinkyng to theim, they be colde and moyste in the first degree.

Of Quinces.

Quinces be colde and drie, eaten afore meale, they bynde and restrain the stomake, that it maie not digest well the meat, except that they be rosted or sodden: the coze taken oute and myxte with honye clarified, or sugar, than they cause good appetite, and preserueth the head from dronkennes. taken after meate, it cloaseth and drawethe the stomake together, and helpeth it to digest, and mollifieth the bealy, if it be abundantly taken, they be colde in the firste degree, and drie in the beginnyng of the second.

Of Pomegranates.

Pomegranates be of good iuyce, and profitable to the stomache, specially they, whiche are sweete, but in a hotte feuer, they that are sowze be moze expedient and holsome, for than the sweete do incende heate, and puffe vp the stomake.

Of

¶ Of peares.

Peares are much of the nature of appuls. but they ar heuier, but taken after meate, rosted or baken, they are not vnholsome, and do restrayne and knitte the stomake beyng ripe: thei be cold and moyst in the first degree.

Medlars.

Medlars are colde and dry, and constrictyue or strainyng the stomake, and therfore thei may be eaten after meales, as a medicine, but not vsed as meate, for thei ingender melancholy, they be colde and dry in the seconde degree.

¶ Walnuttes.

Walnuttes, if thei be blaunched, are supposed to be good for the stomak and somwhat lowsyng the bealy, mixt with sugar, they doe nourishe temperately. Of two dry nuttes, as many figges, and .xx. leaues of Rew, with a grayne of salt, is made a medicine wher of if one dooe eate fastyng, nothyng: whiche is venemous may that day hurt hym, and it also preserueth against the pestilence, and this is the very right Withridate, they be hotte and dry in the seconde degree, after some opinions hot in the thirde degree, dry in the second.

Fylbers and hasyll nuttes.

¶ Thei be more strong in substance than wal-

nuttes, wherfore they are not so easyly or sone digested. Also they do inflate the stomacke, and cause head ache, but thei ingender fatte. And yf they be rosted, they be good to restraine rewmes. Also eaten with pepper, they are good agaynste tourmentes of the bealy, and the stoppyng of vryne. Thei be hot and dry in the first degree.

¶ Of Almondes.

Thei do extenuate and clense without any byndyng, wherfore thei purge the breste and lunges, specially bitter almondes. Also they do mollyfy the bealy, prouoke slepe, and causeth to pysse wel. fiue or sixe of them eaten afore meate, kepe a man from tryng dronk, they be hot and moyst in the first degree.

¶ Of Chesteyns.

¶ They beyng rosted vnder the ymbers, or hot asshes, do nourishe the body strongely, and eaten with honey fastyng, doe helpe a man of the cough.

¶ Prunes.

Of the gardeyne and ripe, dooe dispose a man to the stoole, but thei doe bryng no maner of nourysshment. To this fruite lyke as to fygges this propertie remayneth, that beyng dryed, they dooe profite. The Damaske prune rather bindeth than lowseth, and

is

is more commodious vnto the stomake: they be cold and moyst in the seconde degree.

Olyues.

Condite in salte lykour, taken at the beginnyng of a meale doth corroborate the stomake, stirreth appetite, and loseth the bealy beyng eaten with vyneger. They whiche be ripe, are temperately hot, the which be grene are colde and dry.

Of Capers.

They nourisshe nothyng after that they be salted, but yet thei make the bely lose, and purgeth fleume, which is therin conteyned. Also styreth appetite to meate, and openeth the obstructions, or stoppyng of the lyuer and splene, beyng eaten withoutimel, before any other meate: they be hotte and dry in the seconde degree. Galē de alimentis. 2.

Orenges.

The rindes taken in a lyttell quantitie, doe comfort the stomacke, where it dygesteth, specially condite with suger, and taken fastyng in a small quantitiee. The iuyce of orenges, hauyng a toste of breade put vnto it, with a litel powder of mintes, sugar, and a litel cinamome, maketh a very good sauce to prouoke appetite. The iuice eaten with suger in a hotte feuer, is not to bee discommended. The rinde is hotte in the fyrste degree, and dry in the second, the iuyce of theim is cold in the second dergee, and dry in the first.

Herbes

¶Herbes vsed in Potage, or to eate. Cap. 8.

GEnerally al herbes raw, and not sodden do ingender cold and watry iuice, if thei be eaten customably, or in abundance: al be it some herbes are more comestible, and doue lasse harme vnto nature, and moderately vsed, maketh metely good bloude.

Lettise.

Amõg al herbes, none hath so good iuyce as lettise: for some men do suppose, that it maketh abundance of bloude, al be it not very pure or perfit. it doth set a hot apetite and eatẽ in the euening, it prouoketh slepe, albe it, it neither doth lowse nor bid the bealy of his owne propriety. It increaseth milk in a womãs brestes, but it abateth carnal apetite, and much vsyng therof, hurteth the eye sight. It is colde and moyst temperately.

¶Colewortes and Labages.

BEfore thatauarice caused marchantes to fetche out of the east and south partes of the world, the traffike of spice and sundry drougges, to contente the vnsaciableness of wanton appetites, Colewortes for the vertues supposed to be in thẽ, were of such estimacion, that they were iudges, to be a sufficient medycine agaynste all diseases, as it may appere in the booke of wyse Cato, wherin he writeth of hus-

husbandrie. But nowe I wyll no more remember, than shall be required, in that whiche shall be vsed as meate, and not pure medicine. The iuice thereof hath vertue to pourge: The holle leaues beyng halfe sodden, and the water powred out, and they beyng put eftsones into hot water, and sodden vntill they be tender, so eaten they do bynde the bealie. Some do suppose if thei be eaten raw with vineger before meate, it shall preserue the stomake frome surfettinge, and the heade from drunkennes: all be it much vsyng of them dulleth the syght, except the eies be very moyste. Finally the iuice that it maketh in the body, is not so commẽdable, as that whiche is ingendred of lettis. It is hote in the first degree, and drie in the seconde.

¶ Of Cykory or succory.

It is like in operacion to lettise, and tempereth choler wõderfully, and therefor in al colerik feuers, the decoctiõ of this herbe, or the water therof stilled, is right expediente. Semblabli the herbe and rote boiled with flesh, that is freshe being eaten, kepeth the stomake and heade in very good tẽper. I suppose that Southistel and Dentdelion, be of like qualities, but not so conuenient to be vsed of them, which are hole, bicause thei are wilde of nature and more bitter, and therefore causeth fastidiousenesse or lothsomnesse of the stomak. It is colde and drie in the seconde degree.

En-

¶ Endyue and Scariole

BE much lyke in their operacion to Cikorie, but thei are more conuenient to medicyne than to meate. All be it Scariole called white Endiue, hauynge the toppes of the leaues turned in and laide in the Earthe, at the latter ēde of sommer, and couered, becommeth whyte and crisp, like to the great stalkes of cabage lettise, which are in winter taken vp and eatē. And to them that haue hot stomakes and drie, they be ryght holsom, but beyng to muche vsed, or in veri great quantitie, thei ingēder the humour, which maketh the cholyke, thei be cold and moyste in the fyrste degree.

¶ Malowes

Are not colde in operation, but rather somewhat warme, and haue in them a slipperneſſe. wherfore beinge boyled and moderatelye eaten with oyle and vineger, they make meiely good concoction in the stomacke, and causeth the superfluous matter therin easily to passe, & clensethe the bealie. It is hotte and Moyste in the fyrste degree.

Gal 2. de alimentis.

¶ white beetes

Are also abstersiue and lowseth the bealie, but much eaten, annoieth the stomacke, but thei are ryght good agaynst obstructions or stoppyng of the lyuer, if they bee eaten with vyneger or mustarde. lykewyse it helpeth the splene. It is colde in the fyrste degree, and moyste in the seconde.

Porslan,

¶ Purslane

Dothe mitigate the great heate in al the inward partes of the body, semblabli of the head and eies: also it repressethe the rage of Venus, but if it be preserued in salte or bryne, it heateth and pourgeth the stomack. It is colde in the .iii. degree, and moyst in the second.

Charuayle

Is very profitable vnto the stomake, but it maye not susteyne verye muche boylyng, eaten with vineger, it prouoketh appetite, and also bryne. The decoccion therof dronke with wine, clenseth the bladder.

¶ Hozell

Beinge sodden, it louseth the bealy. In a time of pestilence, if one beynge fastynge, doo chewe some of the leaues, and sucke downe the iuyce, it merneilously preserueth from infections, as a new practiser called Guainerius doth write. And I my self haue proued it in my housholde. The sedes therof braied & dronke with wine and water, is very holsome against the colyke and fretting of the guttes: it stoppeth fluxes, and helpeth the stomak annoied with repletiō. It is colde in the thirde degree, and dry in the seconde.

¶ Persely

Is very conueniente to the stomak, and comforteth appetite, and maketh the breath swete, the sedes and roote causeth vrine to passe wel, and breaketh the stone, dissolueth wyndes, the rootes boiledin water, and therof oximel being made

made, it dissolueth flewme, and maketh good digestion. It is hotte and dry in the third degree.

¶ Fenell

Being eaten the seede or rote maketh abundance of milke, lykewise dronke with ptisane or ale. The sede somwhat restraineth flux, prouoketh to pisse, and mitigateth fretinges of the stomake and guttes, specially the decoction of the roote, yf the matter, causyng frettynge, be colde, but if it be of a hotte cause, the vse therof is dangerouse, for inflamation or exulceration of the raines or bladder. It is hot in the thyrde degree, and dry in the fyrst.

Galin. simpli. de medicament. lib. 3. ca. 74.

¶ Anyse sede.

Maketh swete breath, prouoketh bryne, and driueth downe thinges cleauing to the raines, or bladder, styreth vp courage, and causeth abundaunce of milke. It is hotte and dry in the thyrde degree.

¶ Beanes.

They make wynde, how so euer they bee ordered: the substance, whiche they doe make, is spungy, and not fyrme, all be it they be abstersyue, or clensyng the body, they tary longe, or they be digested, and make grosse iuyce in the body: but if onions be soden with theym, thei bee lasse noyfull.

¶ Pealyn

Are muche of the nature of beanes, but they be lasse wyndy, and passeth faster out of the body, thei be also abstersiue, or clensing, specially white pealyn, and they also cause metely good nou-

nourishyng, the huskes taken awaie. And the broth, wherin they be sodden, clenseth right wel the raynes and bladder.

Rape rootes and Nauewes. Cap 9.

THe iuice made by them is very grosse, and therfore beyng muche eaten, if thei be not perfectly concoct in the stomake, they do make crude or rawe iuice in the veines. Also if they be not well boyled, thei cause wyndes, and annoie the stomacke, and make sometyme frettynges: If they be well boyled first in cleane water, and that beeyng cast awaie, the second tyme with fatte flesshe, they nourishe muche, and doe neither loose nor bynde the bealie. But Nauewes dooe not nourishe so muche as rapes, but they be euen as windie.

Turnepes.

Beyng well boyled in water, and after with fatte flesshe, nourisheth muche, augmenteth the seede of manne, prouoketh carnall lust. Eaten rawe they styre vp appetite to eate, beyng temperately vsed, and be conuenient vnto theim, whiche haue putrified matter in their breastes or lunges, causyng them to spitte easily, but beyng muche and often eaten, they make rawe iuice and wyndinesse.

Parsnepes and Carrettes.

Gal. sip. medi. lib. 7.

They doe nourishe with better iuice than the other rootes, specially carrettes, which are hot and drie, and expelleth wind. Notwithstandyng muche vsed they ingender yll iuyce, but carettes

lesse than parsneps, the one ꝥ thother expelleth
vrine. ¶ Radishe rootes.

Pau. Aegineta. Dioſco. Lib. 7. de alimẽtis. Haue the vertue to extenuate or make thinne, and also to warme. Also they cause to breake wynde, and to pysse: beyng eaten afore meales they let the meate, that it may not discende, but beyng eaten last, they make good digestion, and looseth the bealy, though Galenus write contrary. For I, among diuerse other, by experience haue proued it: Notwithstandyng they be vnholsome for them, that haue continually the goute, or peyne in the ioyntes.

Garlyke.

It doeth extenuate and cutte grosse humours and slymie, dissolueth grosse wyndes, and heateth all the body, also openeth the places, which are stopped, generally where it is well digested in the stomake: it is holsom to diuers purpses, specially in the bodie, wherin is grosse matter, or muche cold inclosed, if it be sodden vntyll it looseth his tartenesse, it somwhat nourisheth, and yet looseth not his propertie, to extenuate grosse humours, beyng sodden in mylke, it profiteth much against distillations from the head into the stomake.

Onyons.

Do also extenuate, but the long onyons more than the round, the red more than the white, the drie more than thei whiche be grene: also rawe more than sodden, thei stirre appetite to meate, and put away lothsomnesse, and lose the bealy, thei quicken sighte, and beyng eaten in great abundaunce with meate, thei cause one to sleepe

soundly

foundly.

Leekes.

Be of ill iuyce, and do make troublous dreames, but they do extenuate and clense the bodie, and also make it soluble, and prouoketh vrine. Moreouer it causeth one to spitte out easily the fleume, whiche is in the breast. galen. 7 cap. 138.

Sauge.

It heateth, and somewhat byndeth, and therwith prouoketh vrine, the decoction of the leaues and braunches beyng dronke. Also it stoppeth bleedyng of woundes, beyng laied vnto them. Moreouer it hath been proued, that women, whiche haue been long tyme without children, and haue dronke .x. ounces of the iuyce of sauge, with a grayne of salte, a quarter of an houre before, that they haue compaygnied with their husbandes, haue conceiued at that time. It is hotte and drie in the third degree, the vsyng therof is good against palseis.

Isope.

Doeth heate and extenuate, whereby it digesteth slymie fleume: beeyng prepared with syges, it pourgeth fleume downward, with hony and water vpward, boiled in vineger it helpeth the tooth ake, if the teeth be washed therewith, it is hotte and drie in the third degree.

Bourage,

Comforteth the hert, and maketh one merie, eaten rawe before meales, or laied in wine that is dronk. Also it mollifieth the bealie, and prepareth to the stoole. It is hot and moiste in the middell of the first degree.

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Sauery.

Pourgeth fleume, helpeth digestion, maketh quicke sight, prouoketh vrine, and stirreth carnal appetite. It is hot and dry in the .iii. degree.

Rokat.

Heateth muche, and increaseth seede of man, prouoketh courage, helpeth digestion, and somwhat louseth, It is hotte and moyste in the second degree.

Tyme.

Dissolueth wyndes, breaketh the stone, expelleth vrine, and ceasseth frettynges, It is hotte and drie in the third degree.

Penyroyall.

Doeth extenuate, heate, and decoct, it refourmeth the stomake appressed with fleme, it doeth recomfort the faynte spirite, it expelleth melancoly by siege, and is medicinable against many diseases. It is hot and drie in the third degree.

Towncresses.

Paulus discommendeth, saiyng, that it resisteth concoction, and hurteth the stomake, and maketh yl iuice in the bodie, taken as medicine, it helpeth many diseases. It is hotte and dry in the third degree.

Rosemary

Hath the vertue to heate, and therfore it dissolueth humours congeled with colde: It helpeth against palseis, falling sicknes, old diseases of the breast, tourmentes or frettyng, it prouoketh vrine and sweat: it helpeth the cough take with pepper and hony, it putteth away toth ake, the roote beyng chewed, or the iuice therof put into

the

the toothe, beyng bourned, the fume therof resi-steth the pestilence: the rynde thereof sodden or burned, and the fume receued at the mouth, stop-peth the reume, which falleth out of the head in-to the chekes or throte: whiche I my selfe haue proued, the grene leaues bruised, doe stoppe the hemorroides, if they be laied vnto them: That herbe is hotte and drie in the third degree.

Spices growyng out of this realme vsed in meate and drinke. Cap. 10.

Pepper.

BLacke pepper is hottest, and moste drie, white pepper is next, long pepper is most temperate. The generall propertee of all kindes of pepper is to heat the body, but as Galene saith, it perceth downward, and wth not spreade into the veines, if it be grosse beaten, it dissolueth fleume and wind, it helpeth di-gestion, expulseth vrine, and it helpeth against the diseases of the brest, procedyng of colde. It is hot in the first degree, and drie in the second.

Synger.

Heateth the stomacke, and helpeth digestion, but it heateth not so sone as pepper: but after-ward the heate remaineth longer, and causeth the mouthe to be moyste: Beyng grene, or well confectioned in syrope, it comforteth muche the stomake and hed, and quickneth remembrance, if it be taken in the morow fastyng, It is hotte in the second degree, and drie in the first.

Saffron

Somwhat bindeth, heateth, and comforteth the stomake, and the hert specially, and maketh good digestion, beeyng eaten or droncken in a small quantitee. It is hotte in the seconde degree, and drie in the first.

Cloues

Hath vertue to comfort the synewes, also to consume and dissolue superfluous humours. They be hot and drie in the third degree, sodden with milke, it cōforteth the debilitee of nature.

Maces

Dioscorides commendeth to be dronke against spittyng of bloud, and bluddie fluxes, and excessiue lares. Paul. Aegineta addeth to it, that it helpeth the colyke. They be hot in the .ii. degree, and drie in the .iii. degree. It is to the stomache very commodious, taken in a littell quantitee.

Nutmygges

With their swete odour comfort and dissolue, and somtime comforteth the power of the sight and also the brayne in colde discrasies, and is hotte and drie in the second degree.

Of breade. Cap. 11

Galē de alimentis. 2.

BReade of fyne flowre of wheate, hauyng no leauen, is slowe of digestion, and maketh slymie humours, but it nourisheth much: if it be leauened, it digesteth soner. Bread hauyng muche branne, fylleth the bealie with excrementes, and nourisheth littell or nothyng, but shortly discēdeth from the stomake. The meane betwene both, sufficiently leuened, well

well moulded, and moderately baken, is the most holsome to euery age. The greatest loues do norische moste faste, for as muche as the fyre hath not exhausted the moisture of them. Potte bread slowly passeth. Barlie bread clenseth the bodie, and dooeth not nourisshe so muche as wheate, and maketh colde iuyce in the bodie.

Of flesshe. Cap. 12.

Beefe of Englande to englishemen, which are in healthe, bryngeth stronge nourishyng, but it maketh grosse bloud, and ingendreth melancoly, but beyng of yong oxen, not exceadyng the age of fowre yeares, to them whiche haue cholerike stomackes, it is more conuenient than chickens, and other lyke fine meates.

Swynes flesshe.

Aboue all kyndes of flesshe in nourishyng the body, Galens most cõmendeth porke, not beyng of an olde swine, and that it be well digested of him that eateth it. For it maketh best iuice, it is moste conuenient for yong persons, and theim whiche haue susteined muche labour, and therwith ar fatigate, and become weake. Yong pigges are not commended, before that they be one moneth olde, for they do brede muche superfluous humours.

Lambe

Is very moiste and fleumatike, wherfore it is not conuenient for aged men, excepte that it be very dre rosted, nor yet for them, whiche haue in their stomakes muche fleume.

¶ Mutton.

Galene dooeth not commend it, notwithstanding experience proueth here in this realm, that if it be yong, it is a right temperate meate, and maketh good iuyce: and therfore it is vsed more than any other meate, in all diseases. And yet it is not like good in all places, nor the sheep whiche beareth fyneſt woll, is not the ſweteſt in eatyng, nor the moſte tender. But I haue founde in ſome countreis mutton, which in whiteneſſe tendernes and ſweteneſſe of the fleſhe, mought be well nigh compared to kydde, and in digeſtion haue proued as holſome.

Galē de alimentis, 3.

Kydde and Veale

Of Galene is commended next vnto porke, but ſome men do ſuppoſe, that in helth and ſickneſs they be muche better than Porke, the iuyce of them both beyng more pure And here it is to be noted, that of all beaſtes, whiche be dry of their nature, the yongeſt be moſt holſom, of them that are moyſte, the eldeſt are leaſt hurtfull.

Hare, Coney.

Maketh groſſe blud, it drieth and ſtoppeth, but yet it prouoketh a man to pyſſe. Cony maketh better and more pure noriſhment, and is ſooner digeſted than hare. It is well proued, that there is no meate more holſome, or that more cleane, fynely, and tēperately noriſheth than rabbets.

Hippoc. de ratione uictꝰ. li. 2 ca 19 Plin. 28.

Deere red and falowe.

Hyppocrates affirmeth the fleſhe of hartes and hyndes to be of yll iuyce, hard of digeſtion, and drie, but yet it moueth vryne. Of falow deere, he nor any other olde writer doth ſpeake

of

of, as I remember. I suppose, bycause there be not in althe world, somany as be in England, where they consume a good parte of the best pasture in the realme, and are in nothing profitable, sauing that of the skinnes of them is made better lether than is of calues, the huntyng of them beyng not so pleasant as the huntyng of other venery or vermine, the flesshe much more vnholsome and vnpleasant thā of a red deere, ingendring melancoli, and making many feareful dreames, & disposeth the body to a feuer: if it be much eaten: not withstandyng the fat therof (as some lerned men haue supposed) is better to be dygested than the leane.

Of byrdes.

The flesh of al birdes is much lighter, thā the flesh of beastes in comparison, most specialli of those foules whiche trust most to their winges, and do brede in high countreis.

Capons hennes and chikens

The Capō is aboue al other foules praised, forasmuch as it is easyly digested, & maketh litel ordure, & much good nourishment. It is cōmodius to the brest and stomake. Hens in wynter are almoste equall vnto the capon: but they do not make so strong nourishment. Auicen saith, if thei be rosted in the bealy of a kyd or lambe, they wyll be the better. Chickens in sommer, specially if thei be cockrels, are very conuenient for a weake stomake, & nourisheth a litel. The flesshe of a cocke is hard of digestion. but the broth, wherin it is boiled, louseth the bealy, & hauing soddē in it colewortes

Poly-

Polypodium, or Cartamus, it purgeth yll humurs, and is medicinable against goutes, ioint aches, and feuers, whiche come by courses.

Fesaunt.

Excedeth all fowles in sweteneſſe, and holsommes, and is equal to a capō in nourishyng, but he is somwhat drier, and is of some menne put in comparison, meane betwene a hen and a partryche.

Partriche.

Of all foules is most sooneſt digested: and hath in him muche nutrimente, comforteth the braine, and maketh sede of generaciō, and reuiueth luste, whiche is abated.

Quayles.

Although they be of some men commended, yet experiēce proueth them to increace melancolye, and are of a small nourishinge.

Larkes

Be as well the flesche as the brothe very holsome: eaten rosted, thei do much helpe against the colyke, as Dioscorides saith.

Aplouer.

Is slowe of digestion, nowrisheth litel, increaceth melancoly.

Blacke byrdes or ouſyls

Among wilde foule hath the chicke praise, for lyghtnes of digestion, and that thei make good nowrishement, and littell ordure.

Sparowes

Be hard to digest, and are very hotte, and stireth vp venus, and specially the braines of the.

¶ Woodcockes

Are of a good temperaunce, and metely light in digestion.

Pygeons

Be easily digested, and are very holsome to them, which are flcumatike, and pure melãcoly.

Goose

¶ Is harde of digestion, but beyng yonge and fatte, the wynges be easy to dygest in a hole sto make, and nourysheth competently.

Ducke

Is hotter than goose, and harde to digest, and maketh wors iuyce, sauing the brawnes on the breaste bone, and the necke, is better than the remnaunt.

Crane and Bustarde

Crane is harde of digestion, and maketh yll iuyce, but beyng hanged vp long in the ayre, he is the lesse vnholsome. Bustard beyng fat, and kept without meate a day or two afore that he be kylled, to expoulse his ordure, and than drawen, and hanged as the Crane is, beyng rosted or baken, is a good meate, and nourisheth wel, if he be well digested.

Hearon, Byttour, Shouelar

Beyng yonge and fatte, be lightlyer digested than crane, and the bittour sooner than the hearon, And the shouelar soner than any of theim, but all these fowles muste be eaten with muche Synger or Pepper, and haue good olde wyne drunke after them, and so shal they be more easyly digested, and the ioyce commyng of theim be the lasse noyfull.

The

¶ The partes and members of birdes and beastes. Cap. 13.

The wynges, brawnes, and necke of gese capons, hennes, fesaunt, partriche, and smal birdes, beyng fatte, are better, than the legges in digestion, and lyghter in nourysshyng. Of wildfoule and pigeons beyng fatte, the legges are better than the winges, the brawnes of ducke, teale, and wygeon except, whiche is better to digest than the residue.

The gysar or stomake

Of a goose or henne, beyng fatte with branne and mylke, beyng well sodden or made in poulder, is good for the stomak, in makyngit strong to digest, and nourisheth competently.

The lyuer

Of a capon, henne, fesaunt, or goose beyng made fatte with mylke mixt with their meate, is not only easy to digest, but also maketh good iuyce, and nourisheth excellently. But the lyuers of beastes be yll to digest, passeth slowely, and maketh grosse blud, but it is strōg in norisshing.

The inwarde of beastes, as tripes, and chytterlynges.

The flesshe of theim is more harde to dygest, And therfore although thei be well dygested, yet make thei not iuice naturalli sanguine or clene, but raw iuyce and colde, and requyreth a longe tyme, to be conuerted into bloude.

The lunges or lyghtes.

Are more easy to dygeste than the lyuer, and lesse nourysheth, but the nourisshement, that it maketh,

maketh, is fleumatyke. All be it the lunges of a Fore, is medicinable for them, whiche haue syk nesse of the lunges.

¶ The splene or mylt

Is of il iuyce, for it is the chāber of melancoly.

¶ The herte.

Is of harde flesshe, and therfore is not soone digested, nor passeth shortely, but where he is wel digested, the iuyce that it maketh, is not to be dyspraysed. The brayne

Is fleumatyke, of grosse iuyce, slow in dygesting, noyouse to the stomacke, but where it is wel digested, it nourisheth muche.

Marow

Is more delectable than the braine, it is il for the stomake, but where it is well dygested, it nourysheth muche.

The stones and vdders

Beyng well digested, do nourisshe muche, but the stones are hotter with their moystnesse, the vdders colde and fleumatike: they both doe increase sede of generacion: but the bloude made of the vdder is better than that which commeth of the stones, except it be of calues and lambes. Also the stones of cockes, maketh commēdable nourishment.

The heade.

¶ The flesshe therof nourisheth muche, and augmenteth sede, but it is slow of dygestyon, and noyeth the stomake, but to theim, which vse mo the exercise, it is not commendable.

The tongue

Is of a spungy and sanguyne substance, but the

the kernelles and gristel, which are in the roo-
tes, yf they bee welle digested, they make good
nourysshement, yf they be not well digested, they
make flewme.

¶ The feete.

Beynge wel boyled and tender, in a hole sto-
macke, dygesteth well, and maketh good iuyce,
and passeth forthe casselye. Galene commendeth
the feete of swine: but I haue proued, that the
feete of a ponge bullocke, tenderly sodden, and
laiedin sowse two daies or three, and eaten cold
in the euentinge, haue browght a cholerike sto-
make into a good digestion and slepe, and ther
with hath also expulsed salt fleume and choler:
and this haue I found in my self by often expe-
rience, alway forsene, that it be eaten before a
ny other meate, without drinking immediately
after it.

¶ Of fisshe generally. Cap. 14

The best fysshe after the opinion of Galen
is that, whiche swimmeth in a pure sea,
and is tossed and lyft vp with wyndes &
sourges. The more caulme that the water is,
the worse is the fysh. They whiche are in mud-
dy waters, do make much flewme and ordure,
taken in fennes and dyches be worste, beyng in
freshe ryuers and swifte, be sometime commen
dable: All be it generaly all kindes of fisshe ma-
keth more thinner blonde than flesshe, soo that
it dothe muche nourysshe and it doothe sooner
passe ouer by vapours: to a hot cholerike sto-
macke, or in feuers, somtyme they be holsome,

beinge

beyng new, freshe, and not very harde in substance or slimy, hard fysshe is hard of digestion: but the nourishment therof is more firme, than that whiche is soft: those whiche haue muche grosse humours in them, are best powdred.

¶ Of Butter. Cap. 15.

Butter is also nourysshyng, and profyteth to them, whiche haue humours superfluous se in the brest or lounge, and lacketh rysping and clēsing of them, specially if it be eaten with sugar or hony. If it be wel salted, it heateth and clenseth the more.

¶ Of Cheese. Cap. 16.

Chese by the hole sentence of all auncient writers, letteth dygestion, and is enemy vnto the stomake. Also it ingendreth yll humurs, and bredeth the stone. The chese which doth least harme is soft chese reasonably salted, which some men do suppose nourysheth much.

¶ Of Egges. Cap. 17.

Egges of fesantes, hennes, and partriches be of all other meates most agreable vnto nature, specially if they bee new laied: if they be reere, they doe clense the throte and the breast. If they be harde, they bee slow in dygestion: but beyng ones digested, they do nourish muche. Meane betwene rere and hard, they dygest conueniently, and nourysshe quyckely. Egges wel poched, ar better than rosted. If thei be fryed hard, they be of yl nourysshement, and do make stinkyng fumes in the stomake, & doe corrupt other meates, with whom thei be mingled. They be most holsome, whan they be poched,

and

and most vnholsome, whan thei be fried. Dioscorides saith, If thei be souped warme, before any other meate, thei do heale the grieses of the bladder, and raines, made with grauell: Also soreneſſe of the chekes and throte, and spitting of bloudde: and thei be good agaynſt cattarres or stillynge out of the head, into the stomake.

¶ Of Drynkes, and tyrſt of water. Cap. 18.

VNdoubtedli water hath preeminence aboue all other lycors, not onely bycause it is an elemēt, that is to sai, a pure matter, whereof all other lycours haue theyr originall substance, but all so for as much, as it was the very natural and first drynke, to all manner of creatures. wherfore the saieng of Pindarus the poete was euer wel allowed, which sayth, water is best. And one thing is to be wel consydered, that from the creation of the world, vntyll the vnyuersale deluge or floudde, durynge whiche time, men liued eyghte or nine hundred yeres, there was none other drik vsed nor knowen, but water Also the true followers of Pythagoras doctrine, dranke only water and yet lyued long, as Appolonius, and other. and in the serchyng out of secrete and misticall thynges, their wittes excelled. Moreouer, we haue sene men and women of great age, and strong of bodye, which neuer, or very seldome, dranke other drinke, than pure water: As by example, in Cornewal, although that the countrey be in a very colde quarter, whiche proueth, that yt menne from their infancie were accustomed to

none

none other drinke but to water only moderately vsed, it should be sufficient to kepe naturall moisture, and to cause the meat that is eaten to perte and discend vnto the places of digestion, whiche are the purpoles that drinke serueth for. But now to the qualitees of water, after the sētence of ancient phylosophers and phisicions. The raine water, after the opinion of the most men, if it wrecciued pure and clene, is most subtill and penetratiue, of any other waters: The next is that, which issueth out of a spring in the east, and passeth swiftly among great stones or rockes: The third is of a clene riuer, which renneth on gret hard stones or pebles. There be diuers meanes to try out, which is the best water. for that whiche is lightest in poise or weight is best. Also that, whereof commeth least skym or froth, whan it doth boyle. Also that which will soonest be hot. Moreouer deepe linnen clothes into sundrie waters, and after lay thē to drie, and that whiche is soonest drie, the water wherein it was deped is most subtill. After a great surfet, specially taken with superfluous eating of bākettyng meates, cold water dronken is a generall remedy. Hippo. affirmeth, that in sharp and feruent diseases, none other remedie is to be required than water. And Galene will not, that children should be let from drinkyng of water, but that whan they fele them selfes very hotte, after meales and do desire to drinke water, specially of a clene fountain, thei should be suffered. Also Hippo. saith, In suche sickenes where as thou feareſt, least the head shuld be vehemently

De ratione uictꝰ in morb. acutis. Lib. 3.

greued, or the mynde perished, there muste thou geue either water, or white wyne alayed with much water. Notwithstandyng there be in water causes of diuers diseases, as of swellyng of the splene, and the liuer, it also fitteth & swymmeth, and it is long or it perceth, in as muche as it is colde and slowe in decoction, it loseth not the bealy, nor prouoketh vrine. Also in this it is vicious, that of his proper nature, it maketh none ordure. Finally, alway respect must be had to the person, that drinketh it, for to yonge men, and them that be hotte of complexcion, it doeth lesse harme, and somtime it profiteth: but to them that are feble, olde, fleumatike, or melancoly, it is not conuenient.

Of wyne. Cap. xix.

Plato, the wisest of all philosophers, doth affirme, that wine moderately dronke, norisheth and comforteth, aswel al the body, as the spirites of man. And therfore God did ordein it for mankind, as a remedy against the incommodites of age, that thereby they should seme to retourne vnto youth, and forget heuinesse. Undoubtedly wine heateth, and moisteth the bodie, whiche quatites chefely conserueth nature. And Galene of all wines, commendeth that, which is yelow and clere, saiyng: that it is the hottest, and white wine least hotte. And the colour meane betwene both, of semblable temperature. The yelowe wyne, whiche is the proper colour of very hotte wynes, to olde men doth bryng these commodites. First it heateth all their membres, also it purgeth be vrine

the

the watrie substaunce of the bloud. Moreouer the wynes, whiche be pale or yelow, and full of substance, they do increase bloud, and nourishe the bodie, but for the more part olde men haue nede of suche wynes, whiche do prouoke urine: for as muche as in them do abounde watrie excrementes, or superfluitees, and thei whiche do tary long in the bealy, be not apt for aged men. Blacke or deepe red wynes and thicke, do bind and congele that whiche thei do find in the bodie, and although some of them do not long abyde in the bealie, yet they moue not urine, but rather withdraweth: but yet they do harme to old men, for as much as thei do stop the conduites of the splene, the lyuer, and the raynes. Also grosse wynes be best for them, whiche desire to be fatte, but it maketh oppilacions. olde wyne and cleere is better for them that be fleumatike, Galene also prohibiteth children to drinke any wine, for as much as thei be of an hotter & moist temperature, and so is wyne: and therfore it heateth and moisteth to much their bodies, and filleth their heades with vapours. Moreouer, he would, that young men should drinke littell wyne, for it shall make them prone to furie, and to lechery, and that parte of the soule whiche is called rationabile, it shall make troublo⁹ and dull: notwithstandyng, yet it is somtime profitable to mitigate or expell ordure, made of choler or melancholie. Also it profyteth againste drythe, whiche hapneth in the substaunce of the bodie, either by to muche labour, or by the proper temperature of age: for wine moisteth and

Libr 1. de tuenda sanitate.

nourisheth that, whiche is to drie, also mitigateth and dissoluyth the sharpnesse of choler, and purgeth it also by vrine and sweat. Finally (as Theognes saith.) Muche drinkyng of wyne is yll, but moderate drinkyng of wine is not only not yll, but also commodious and profytable, whiche sentence is confirmed by Jesus Syrac, in the boke named Ecclesiasticus, sayng: wine moderately dronke, reioiseth both the body and soule. Wherfore to conclude this chapter, there is neither meate nor drinke, in the vse whereof ought to be a more discrete moderacion, than in wine, considerynge that beyng good and dronke in due time and measure, it not only conserueth naturall and radicall moisture, whereby life indureth, but also it helpeth the principal membres, which belong to digestion, to do their office: on the other part, beyng yl or corrupt, or taken out of order and measure, it doth contrary to al the premisses. besides that, it transformeth a man or woman, makyng theim beastly. More of the qualities of wine shall be touched hereafter in the order of diete.

Eccle. 31

Of Mylke. Cap. 20.

Mylke is compact of three substances, creame, whay, and cruddes. The moste excellent milke is of a womā. The milke of a cow is thickest, the milk of a camel is most subtill, the milke of a goate is betweene cowe mylke, and camell mylke. Ewes milke is betwene cowe mylke and asses mylke. Also the mylke of beastes feedyng in large pastures, and out of Fennes and Marshes, is better than of them

them, whiche be fed in littel closes, or in watrie groundes. In spryng time milke is most subtill, and milke of yong beastes is holsomer than of old. To childzen, old men, and to them, which be oppzessed with melancoly, or haue the flesshe cō-sumed with a feuer, ethicke milk is conuenient. And generally to al them, which do not fele the milke rise in their stomakes after that thei haue eaten it: & in those persons, it doth easily purge that, whiche is in the bealy superfluous. And afterward it entereth into the veynes, and bzin geth good nozishment. Whosoeuer hath an ap-petite to eate or dzinke milke, to thentent that it shall not arise or abzaide in the stomak, let him put into a vessel, out of the which he wil receiue it, a fewe leaues of mynte, sugar, or pure honie. And into that vessel cause the beast to be milked and so dzincke it warme from the vdder, otels let hym doe as Paulus Aegineta teacheth, that is to sate, boile first the milke with an easy fier, and seethe it after with a hotter fier, and skym it clene, and with a spunge dzaped in colde wa-ter, take that clene away, which would be bur-ned to the vessell, than put to the milke salt and suger, and stere it often. Moreouer milke taken to pourge melancholie, would be dzunke in the mozning abundantly new milked, as is befoze wzitten. And he that dzinketh, should absteyne from meate, and exercise, vntill the milke be di-gested, and haue somewhat pourged the bealy. Foz with labour it becommeth sowze: and ther-foze it requireth rest and watche, or to walke very softly. Finally, where men and women

Oribasi. de conui ctione ciborum Lib 3.

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be vsed from their childhood, for the more part, to mylke, and to eate none or litteli other meat, but mylke and butter, they appere to be of good complexion and facion of body, and not so muche vexed with sickenesse, as they whiche drinke wyne or ale, not withstandyng muche vse of mylke in men sanguine or cholerike, dooeth ingender the stone.

Of ale, biere, cyder, and whay. Cap. 21.

I Can neither here nor reade, that ale is made and vsed for a common drincke in any other countrey, than England, Scotland, Ireland and Poyle. The latine word Ceruisia, is indifferent as well to ale as to biere. If the corne be good, the water holsome and cleane, and the ale or biere wel and perfitly brewed and cleered, and by the space of. vi. dais or more, settled and defecate, it must needes be a necessary and conuenient drinke, as well in sickneſſe as in helth: considering that barly corn, wherof it is made, is commended, and vsed in medicine, in al partes of the world, and accompted to be of a singuler efficacie in reducyng the body into good temper, specially whiche is in a distemperature of heate. For what auncient phisicion is there, that in his workes commendeth not Ptysane, whiche is none other than pure barly braied in a morter, and sodden in water, the same thyng is small and clene ale or biere, sauyng that perchance, the dryng of the malte is cause of more drithe to be in the ale, than in ptisane. And the hoppes in biere maketh it colder in operacion. But to say as I thinke, I suppose, that neither

ale

ale nor beere is to be cõpared to wyne, consideryng, that in them doe lacke the heate and moysture, whiche is in wyne. For that beyng moderately vsed, is moste lyke to the naturall heate and moisture of mans body. And also the licour of ale and biere, beyng more grosse, do ingender more grosse vapours, & corrupt humours than wine doth, being dronke in like excesse of quãtitee.

¶ As for Cider may not be good in any condicion, consideryng (as I say) that all fruites do ingender yll humours, and doe coole to muche naturall heate: but to them, whiche haue abundance of redde choler, moderately vsed, it somwhat profiteth in mitigacion of excessiue heate. But who that will diligently marke in the coũtreis, where cyder is vsed for a common drinke, the menne and women haue the colour of their vysage palled, and the skinne of their vysage rueled, although that they be yong.

Whay, if it be left of the butter, beyng wel ordered, & not dronke, vntil it haue a thick curd of milke ouer it, like to a hatte, is a right temperate drinke, for as much as by the vnctuositee of the butter, wherof the whey reteineth som portiõ, it is both moist and nouryshing, & clenseth the brest, and by the subtilnes of it self, it descendeth sone from the stomacke, and is shortly digested. Also by reason of the affinitee, whiche it hath with milke, it is conuertible into blud and flesh, specially in those persons, whiche do inhabite the north partes, in whom naturall heat is conglutinate, & therfore is of more puissaunce & vertue in thoffice of concoction. Also custom frõ childe-

hoode dooeth eleuate the power of meates and drinkes in their disposicion, notwithstandyng that the.iiii. humours, sanguine, choler, fleume and melancholy, must also be considered, as it shall appere in diuers places hereafter.

Of Honye. Cap. 22.

HOny as well in meat as in drink is of incōparable efficacy, for it not only cleēseth altereth and nourisheth, but also it long time preserueth that vncorrupted, which is put into it. In so muche as Plinie saith: suche is the nature of honie, that it suffred not the bodies to putrifie. And he affirmeth, that he did see an Hippocentaure (whiche is a beaste halfe man, halfe horse) brought in hony to Claudius the emperour, out of Egypt to Rome. And he telleth also of one Pollio Romulus, who was aboue a hundred yeares olde, of whom Augustus the emperour demaunded, by what meanes he liued so long, and reteyned styll the vigour or liuelinesse of body and minde: Pollio answered, that he did it inwarde with meade (whiche is drinke made with hony and water) outward with oyle. Whiche saiyng agreeth with the sentence of Democritus, the great Phylosopher: who beyng demaunded, howe a manne myght lyue long in health, he aunswered: If he weete him within with hony, without with oyle. The same philosopher, whan he was a hūdred yeres olde and nine, prolonged his life certain daies with the euaporacion of honie, as Aristorenus writeth. Of this excellent matter, moste wonderfully wrought & gathered by the littell Bee,

plī. li. 22

as

as wel of the pure dewe of heuē, as of the moſt ſubtil humour of ſwete and vertuous herbes & flouers, be made likoꝛs cōmodious to mankīd, as meade, metheglin, and oximel. Meade which is made with one parte of honie, and foure tymes ſo muche of pure water, an boyled vntille no ſkimme do remaine, is much commended of Galene, dꝛunke in ſommer, foꝛ pꝛeſeruinge of health. The ſame authoꝛ alwaye commendeth the vſing of hony, eyther rawe eaten with fine bꝛeade ſomwhat leuened, oꝛ ſodden, and receyued as dꝛinke. Alſo meade perfectly made, cleanſeth the bꝛeſt and lunges, cauſeth a man to ſpyt eaſely, and piſſe abundantlie, and purgeth the bealy, moderatly. Metheglin, which is mooſte vſed in wales, by reaſon of hot herbes boyled with hony, is hotter than meade, and moꝛe comfoꝛteth a cold ſtomake, yf it be perfectly made and not newe oꝛ very ſtale. Oximel is, where to one parte of vineger is put dowble ſo much of hony, foure times as much of water, and that beyng boyled vnto the thirde parte, and cleane ſkimmed with a fether, is vſed to be takē, wher in the ſtomak is much fleume oꝛ matter vndigeſted, ſoo that it be not red choler. Loke the vſe therof in Alexādꝛotralliano. Many other good qualities of hony I omit to wꝛit of, vntil ſum other occaſion ſhal happen, to remember theim ypticulerly, where thei ſhal ſeme to be pꝛofitable.

Libr. 4. de tuenda ſanita te

Suger. Cap. 23.

OF ſuger I do fid none auncient authoꝛ of Grekes oꝛ latines, to wꝛite by name, but onely Paulus Aegineta, who ſaith in

in this wise, after that he hath treated of hony. Moreouer sugar, which thei call honie, that is brought to vs from Arabia, called Felix, is not so swete as oure honie, but is equal in vertue, & doth not anoy the stomake, nor causeth thyrst. These be the wordes of Paulus. It is now in daylye experience, that sugar is a thynge verye temperate and noorisshing, and where there is choler in the stomak, or that the stomak abhorreth hony, it may be vsed for hony in al thinges wherin honi is required to be. With suger and vineger is made syrope acetose.

Of tyme. Cap. 24.

Wynter. IN the consideracion of tyme, for takyng of meates and drynkes, it is to be remembred, that in wynter meates ought to bee taken in great abundãce, and of a more grosse substance than in sõmer, forasmuch as the exterior ayre, which cõpasseth the body beyng cold, causeth the heat to withdraw into the iner partes, where being inclosed, & gathered nigh togither in the stomake and entrailes, it is of more force to boile & digest that, which is receued into it. Also meates rosted, are than better than sodden, and flesche and fish powdred, is than better than in sommer. herbes be not then cõmẽdable, specially raw, nether frutes, except quinces rosted or baked. Drink shuld be than takẽ in litell quãtitie. Moreouer wines shal nede no water, or very litel, and that to cholerike persones: red wines, & thei which be thicke and swete, may be than most surely taken of thẽ, which haue none oppilacions, or the stone. alway remembre that

in

In winter fleume increaseth by reasone of rayne and moystnes of the season, also the lengthe of nyghtes and muche rest. And therfore in that time cholerik persons ar wst at ease, semblably are yong men, but to old men winter is enemy. It beginneth the. viii. day of Nouember, and endureth vntil the. viii. day of Februarye.

Gal. in comm̃et in apho. 2. libri. 3

The spryng tyme dothe participate the fyrst parte with winter, the latter part with Sommer. Wherfore yf the fyrst parte be colde, than shall the dyete be accordynge to wynter. If the ende be hotte, than shall the dyet be of sommer. If bothe partes be temperate, than shuld there be also a temperance in diete: alwaye consyderyng, that flewme yet remaineth, & bloud than increseth. And meate wolde be lesse in quantitee than in winter, and drynke somwhat more. Spryng tyme begynneth the. viii. daye of Februarye, & continueth vnto the. viii. day of May

Spryng tyme. Hippocrates de natura humana

In Sommer the inward heat is but lytel, & the stomake doth not digest so strongly nor quickly, as in winter, wherfore in that season, eatynge often, and a littel at ones, is mooste conuenient. And Damascenus saythe, that fastyng in sommer dryeth the bodie, maketh the colour salow, ingendreth melancoly, and hurteth the sight, also boyled meate, breadde steped in white broth, with soddeu lettyse, or cycory, are than good to be vsed. also varietie in meates, but not at one meale, potages made with cold herbes, drynke in more abundance, wyne alaid with water, to hot complexions much, to colde natures lasse. In this season bloud increaseth, and towarde the

Gal. cõ aphor 18 libri. i. sommer.

Hippocrates de humoribus

Cal. in commẽt in apho.

the ende therof, choler. And therfore thei, which be colde of nature and moyſt, are than beſte at eaſe, hotte natures and dry warſte: Moreouer, childzen, and very yonge men in the begynnyng of ſommer, are holeſt, old folke in the later end and in harueſt. ſommer beginneth the. viii. day of may, & cõtinueth vntil the. viii. day of Auguſt. Autumne beginneth the. viii day of Auguſt, and endeth the. viii. day of Nouẽber, that ſeaſon of the yere is variable, & the aire changable, by occaſion wherof, happen lõdry ſickneſſis, blod & creſeth, & melancoly abundeth: wherfore al ſommer frutes wold thã be eſchewed, for aſ much as they make ill iuyce and wyndes in the body. In this tyme meate wolde be more abundant than in ſommer, but cõwhat drier: drink muſt be leſſe in quantitee, but laſſe mixt with water. This tyme is dangerous to all ages, al natures, and al countrays, but the natures hotte and moyſt be leſt indamaged.

¶ Diete concernyng ſondry tymes of the yere written by the olde phiſicion Diocles to kynge Antigonus.

FRom the xii. day of December, at the whiche tyme the day is at the ſhorteſt, vntil the nynth day of Marche, which doo conteine lxxxx dayes, rumes and moyſtures do encreaſe, than meates and drynkes naturally very hote wolde be moderately vſed. Alſo to drinke abundantly wine without alay or with litel water, and to vſe liberalli the company of a womã, is not vnholſome to the body.

¶ From the nynthe daye of marche, at whiche tyme

tyme is Equinoctiū vernum, vnto the .xxv. day of apryll, swete fleume and blode do increase: therfore vse thou thynges hauyng muche iuyce and sharpe, exercyse the body diligently, than may ye vse safely the company of a woman.

¶ From the .xx. day of Apryll, to the .xiiii. day of June, Choler increaseth, than vse al thynges that are swete, & do make the beely soluble, forbeare carnall company with women.

¶ From the .xiiii. day of June, at whiche tyme the day is at the lēgest, vnto the .xii. day of September, doth melancoly reigne, forbeare carnal company, or vse it moderately

¶ From the .xii. day of September, vnto the xvii. day of October, dooe abound fleume and thynne humours, than wold all fluxes and dystillations be prohibited, than all sharp meates and drynkes and of good iuice, are to be vsed, and carnal occupation shuld than be eschewed:

¶ From the .xvii. day of October, to the .xii. day of December, increaseth grosse fleume, vse therfore all bytter meates, swete wines, fatte meate, and muche exercise.

¶ Of Ages. Cap. 25.

Childern

Chyldren wold be nourished with meates and drynkes, whiche are moderately hot and moyste, not withstandyng Galene doeth prohibite theym vse of wyne, because it moysteth and heateth to muche the body, and fylleth the heades of them, which are hotte and moist with vapours. Also he permitteth them in hot wether to drynk clere water of the foūtain.

Gal. de tuen. san. lib. i.

A chyld

Oribasius de virtute simp lib. i.

¶ A childe growing fast in his mēbres toward a man, so that he semeth well fedde in the body, is than to be feared of fulnesse of humures, and if it be perceyued, that he is replete, than must be withdrawen and minished some part of that nutriment, and according vnto his age, some euacuation wold be deuised, other while by exercise, walkyng vp and downe fastyng, and before that thei eate any meate, lette them exercise them selfes with their owne labores: and do their owne accustomed busines, and eate the meates wherevnto thei be most vsed, so that it be suche, that may not hurt them. And this nede thei not to know of phisicions, but by experience and diligent serche by their stoole, their nayles shall perceiue what digesteth wel, & what doth not.

¶ But if it appere that by excessiue fedyng the bealy of the child is fuller and greatter than it was wont to be, and that which passeth by the bealy, is corrupted, or his sweate stynketh, these thynges knowen, if they eate stronge meates, geue thē not one kind of meate, but diuers, that the noueltie of the meate may helpe, that they may goo more easily to the stoole: For if any haue an vnreasonable appetite, he is soner recouered, if he be pourged by a boile or impostume comen forth and broken, before that the meate be corrupted, and after that lette hym eate fyne meates: and beyng ones hole, retourne by littel and lyttel to his old custome.

yong mē

¶ Yonge men, exceedyng the age of. xiiii. yeres, shal eate meate more grosse of substance, colder and moyster, also salades of colde herbes, and

to

to drynk seldome wyne, except it be alayd with water. Al be it, al these thinges must be tempred accordyng to their complexions, exercyse and quietnes in liuyng, wherof ye shal rede in theyr propre places hereafter. Old men, in whom natural heate & strength semeth to decay, shuld vse alway meates, whiche are of qualitie hotte and moyst, and therwithall easy to be digested, and abstein vtterly from al metes & drinkes, which wil engendre thicke iuyce and slimy, semblably from wine, which is thick, swete, and dark red wines, and rather vse them, whiche will make thin humors, and wil purge wel the blud by vrine, therfore white or yelow wynes, and perchance frenche claret wines are for theim very commendable. Also wine prepared with pure hony clarified, wherin rootes of persly or fenel be steped, specially if thei suspect any thyng of the stoone or goute. And if they more desyre to clense their rames and bladder: than it is good to vse smal white wine, as racked renish wine, or other lyke to it. And somtyme to stepe ouer night therein a persely roote slyt, and somwhat bruysed, and a lytel lykorice. Fynally, let theim beware of all meates that wyll stoppe the pores, and make obstructions or opilacions, that is to say, with clammy mattier stoppe the places, where the naturall humours are wrought and digested, the whiche meates I haue before sette in a table. But if it chaunce them, to eate any suche meate in abundance, lette them take shortly suche thynges, as do resyst opilacions, or resolue theim. As whyte pepper, bruised and myxte

Old men

Paulus Egineta lib. i. cap. 23

Opilations what thei are.

myxt with theyr meates or drynke, garlyke also or onyons, if thei abhorre theim not. Alway remembre that aged men shuld eate oftē, and but lyttell at euery tyme, for it fareth by them, as it doth by a lampe, the light wherof is almost extynete, whiche by pouryng in of oyle littel and littell, is longe kept burnyng: and with muche oyle poured in at ones, it is cleane putout. Also they muste forbeare all thynges whiche doe ingender melancoly, whereof ye shall reade in the table before: and breadde clene without leuen, is to them vnholsome.

¶ Moderation in diete, hauyng respect to the strength or weaknes of the person. Ca. 26.

NOw here it must bee considered, that although I haue writtē a general diete for euery age, yet neuertheleſſe it must be remembred, that some chyldren and yong men, eyther by debilitie of nature, or by some accydental cause, as sickenes, or muche study, happen to gather humours fleumatike or melācoly in the places of digestion, so that cōcoction or digestiō is as weake in thē as in those whichare aged. Semblably some old men kynde nature so beneficiall vnto them, that theyr stomakes and liuers are more stronge to dygest than the fated yonge men, some perchaunce haue much choler remeynyng in theim. In these cases the fated yonge men must vse the dyete of old menne, or nygh vnto it, vntyll the discrasy be removed, hauyng alway respect to theyr vniuersall complexions

plexions, as they whiche are naturally cholerike to vse hotte thynges in a more temperance than they, whiche be fleumatike, or melancholy by nature. The same obseruacion shall be to olde men, sauyng that age, of his own propertie is colde and drie, therfore the old man, that is cholerike, shall haue more regard to moisture in meates, than the young man beyng of the same complexcion. Forseen alway, that where nature is offended or greued, she is cured by that, whiche is contrary to that, whiche offendeth or greueth, as colde by heate, heate by colde, drythe by moysture, moysture by drithe. In that whereby nature should be norished in a hole and temperate body, thynges must be taken, whiche are lyke to the mans nature in qualitie and degree. As where one hath his bodie in a good temper, thynges of the same temperance doeth nourishe hym. But where he is out of temper, in heate, colde, moysture or drithe, temperate meates or drinkes nothyng do profite him. For beyng out of the meane and perfit temperature, nature requireth to be therto reduced by contraries, remembryng not onely, that contraries are remedie vnto their contraries, but also in euery contrary, consideracion must bee had of the proporcion in quantitee.

Hippoc. aphor. galen. in cõmen.

Tymes in the daie concernyng meales. Cap. 27.

BEsides the tymes of the yeare, and ages, there be also other tymes of eatyng and drinkyng to be remembred, as the sondrie

times in the daie, whiche we call meales, whiche are in numbre and distaunce, accordyng to the temperature of the countreie and person. As where the countrei is cold, and the person lusty, and of a strong nature, there may mo meales be vsed, or the lesse distance of time betwene them. Contrariwyse in contrarie countreies and personages, the causes afore rehearsed, where I haue spoken of the diet of the times of the yere, not withstandyng here must be also consideracion of exercise and rest, whiche do augment or appeire the naturall disposicion of bodies, as shalbe more declared hereafter in the chapter of exercise. But concernyng the generall vsage of countreis, and admittyng the bodies to the perfect state of health, I suppose that in England yong men, vntill they come to the age of .xl. yeres, may well eat thre meales in one daie, as at breakefast, dyner, and supper, so that betwene breakfast and diner, be the space of .iiii. houres at the lest, betwene diner and supper .vi. houres, and the brekfast lesse than the dyner, and the diner moderate, that is to saie, lesse than satietee or fulnesse of bealy, and the drincke therevnto measurable, accordyng to the drynesse or moistnesse of the meate. For muche aboundaunce of drinke at meale, drowneth the meate eaten, and not onely letteth conuenient concoction in the stomake, but also causeth it to passe faster then nature requireth, and therfore ingendreth muche fleume, and consequently reumes, and crudenes in the veynes, debilitee and slipperneesse of the stomacke, continuall fluxe, and many o-

ther

ther inconueniences to the bodie and membres.

¶ But to returne to meales, I thinke brekefastes necessary in this realm, aswel for the causes before rehersed, as also for asmuch as choler beyng fervēt in the stomake, sendeth vp fumosities vnto the brayn, & causeth hed ach, and somtime becōmeth adust, and smouldreth in the stomake, wherby hapneth perillous sickenes, and somtyme sodein death, if the heat inclosed in the stomake haue not other conuenient matter to worke on: this daily experience proueth, and natural reson cōfirmeth. Therfore men and women not aged, hauyng their stomakes clene without putrified matter, slepyng moderately and soundly in the nyght, and feelyng them selfe lyght in the morning, and sweete breathed, let them on goddes name breake their faste: Cholerike men with grosse meate, men of other complexions with lighter meate: forseen, that they labour somewhat before: semblably their diner and supper, as I haue before written, so that they slepe not incontinent after their meales. And here I will not recite the sentences of authors, whiche had neuer experience of englishe mennes natures, or of the iuste temperature of this realme of England, only this counsell of Hippocrates shall be sufficient. We ought to graunt somwhat to tyme, to age, and to custom: notwithstandyng where great werinesse or drithe, greueth the bodie, there ought the diner to be the lesse, and the lenger distance betwene diner and supper. Also muche reste, except a litteil soft walkyng, that by an vpright mouyng the meate beyng styred

Brekfast

Hipp. aphor. 18. lib. 1. Galē. de tuenda sanitate.

male discend. This is alway to be remembred, that where one feeleth hym self full, and greued with his dyner, or the sauour of his meate by eructaciõ accẽdeth, or that his stomake is weake by late sickenesse or muche study, than it is most conuenient to abstaine from supper, and rather prouoke hym selfe to sleepe muche, than to eate or drincke any thyng. Also to drincke betweene meales, is not laudable, except very great thirst constraineth: for it interrupteth the office of the stomake in concoction, and causeth the meat to passe faster than it should do, and the drinke beyng cold, it rebuketh natural heate that is worckyng, and the meate remainyng rawe, it corrupteth digestion, and maketh crudenesse in the veines. Wherfore he that is thirsty, let him consider the occasion. If it be of salt fleume, let him walke fayre and softly, and onely washe his mouthe, and his throate with barley water, or smalle ale, or lye downe and sleepe a litel, and so the thyrste will passe awaie, or at the least be well asswaged. If it happen by extreme heate of the ayre, or by a pure choler, or eatyng of hotte spices, let him drincke a littell iulep made with cleane water and sugar, or a littell small biere or ale, so that he drincke not a great glutte, but in a litell quantitee, let it still downe softly into his stomake, as he sitteth, and than let hym not moue sodeinly. If the thyrste be in the euenyng by eatyng to muche, and drinkyng of wyne, than after the opinion of the best lerned physicions, and as I my self haue often experienced, the best remedie is, if there be no feuer, to drinke

a good

a good draught of colde water immediately, or els if it be not peynefull for him to vomite, to prouoke him therto with a littel warme water, and after to washe his mouth with vineger and water, and so to sleepe long and soundly, if he can. And if in the morning he feele any fumosities risyng, than to drinke iulep of violettes, or for lacke therof, a good draught of very smalle ale or biere somwhat warmed, without eatyng any thyng after it.

Of diuersitee of meates eaten, vvherby health is appaired. Cap. 28.

NOw let this be a generall rule, that sondrie meates, beeyng diuers in substaunce and qualitee, eaten at one meale, is the greatest enemy to helth that may be, and that which ingendreth most sicknesses, for some meates beyng grosse & hard to digest, some fine and easy to digest, do require diuers operacions of nature, and diuers temperatures of the stomake, that is to say, muche heate and temperate heate, whiche maie not be togither at one tyme. Therfore whan the fyne meate is sufficiently boyled in the stomake, the grosse meat is rawe, so both iuyces, thone good and perfite, thother grosse and crude, at one tyme digested, and sent into the veynes and body, nedes must helth decaie, and sicknesses be ingendred. Likewise in diuers meates bring of diuers qualities, as where some are hotte and moist, some cold and moist,

some hotte and drie, some colde and drie, accordyng thereunto shall the iuyce be diuers, whiche they make in the bodie. And lyke as betwene the said qualitees is contrarietee, so therby shal be in the body an vnequall tẽperature, for asmuch as it is not possible for man to esteme so iuste a ꝓporciõ of the qualitees of that, which he receiueth, that thone shal not excede thother in quantitee. Wherfore of the said vnequall myxture, nedes must ensue corrupcion, and consequently sickneſſe. And therfore to a hole man, it wer better, to feede at one meale competently on verie grosse meat only, so that it be swete, and his nature do not abhorre it, than on diuers fine meates, of sundrie substance and qualitees. I haue knowen and seene olde men, and olde women, which eatyng only biefe, baken, chese, or curdes, haue continued in good health, whom I haue proued, that whan they haue eaten sondrie fyne meates at one meale, haue sone after felt themself greued with frettynges and head ache, and after that thei haue been hole againe, there hath been geuen to theim one kynde of lyght meate, they haue dooen as well therwith, as they were wont to do with grosse meates, whan thei eate it alone, which proueth to be true that which I haue reherſed. And it is good reason, for after the generall opinion of philosophers and phisicions, the nature of mankynde is beste content with thinges most symple and vnmixt, all thinges tendyng to vnitee, wherin is the onely perfection. Also it is a generall rule of phisike, that where a sickenesse may be cured with symples,

that

that is to say, with one onely thyng, that is medicinable, there should the physicion geue no cõpounde medicine myxte with many thynges. These thynges considered, it maie seeme to all men, that haue reson, what abuse is here in this realme in the cõtinuall gourmandise and daily fedyng on sondrie meates at one meale, the spirite of gluttony, triumphyng among vs in his glorious chariot, called welfare, drauyng vs afore hym, as his prisoners, into his dũgeon of surfet, where we are turmented with catarres, feuers, goutes, pleurisies, frettyng of the guttes, and many other sicknesses, and finally cruelly put to death by them, oftẽtimes in youth, or in the most pleasant tyme of our lyfe, whan we wold most gladly liue. For the remedy wherof, how many tymes haue there been deuised ordinaunces and actes of counsayle, although perchance bodily health was not the chiefe occasion therof, but rather prouision against vayne and sumptuous expenses of the meane people. For the nobilitee was exẽpted, and had libertee to abide still in the dungeon, if they would, and to liue lesse wyfyle than other men: But whan, where, and how long were the saied good deuyses put in due execucion, for all that therof should succede double profite, that is to say, helth of body, and increse of substance, by eschewyng of superfluous expenses in sundry dishes? Alas howe long wyll men fantasie lawes and good ordinaunces, and neuer determine them. Fantasie proceedeth of witte, determinacion of wisdome, witte is in the deuisyng and speakyng,

Gluttonie.

but wisedom is in the performance, which resteth only in execution. Here I haue almost forgotten, that my purpose was to write of the order of diete, and not of lawes: but the feruent loue that I haue to the publique weale of my countreie, constreined me to digresse somewhat from my matter: but now will I procede forth to write of order, whiche in takyng of meates and drinkes, is not the least parte of diete.

Of order in receiuyng of meate and drinke. Cap. 29.

HErbes as well sodden, as vnsodden, also fruictes, whiche do mollifie and loose the belly, ought to be eaten before any other meate, except that sõtime for the repressyng of fumositees, risyng in the heade by muche drinkyng of wyne, rawe lettyse, or a cold appull, or the iuyce of orenges or lymons may be taken after meales in a littel quãtitee. Moreouer all brothes, mylke, rere egges, and meates whiche are purposely taken to make the beelie soluble, would first be eaten. All fruites and other meates, that are stiptyke or bindyng, wold be eaten last after all other. Fruites confectionate specially with hony, ar not to be eten with other meates. But here it is to be diligently noted, that where the stomacke is cholerike and strong, grosse meates wold be first eaten, where the stomake is colde or weake, there would fine meates be first eaten: for in a hot stomake, fyne meates are bourned, whyle the grosse meate is digestyng.

digestyng. Contrary wise in a cold stomake, the littell heate is suffocate with grosse meate, & the fyne meate left raw, for lacke of concoction, where if the fine meate be first taken moderatly, it stereth vp and comforteth natural heate, and maketh it more able to concoct grosse meates if thei be eatē afterward: so that it be but in smal quātity: not withstandyng, as I late affirmed, one maner of meate is moste sure to euery complexion, forsene that it be alway most cōmonly in cōformitie of qualities, with the person that eateth. Moreouer take hede that slipper meates be not fyrste eaten, lest it draw with it to hastily other meates, er thei be digested, nor that stiptik or restrainyng meates, be takē at the beginning as quynces, peares, and medlars, lest they may let other meates, that they discende not into the bottom of the stomake, where they shuld be digested: not withstāding the cōfection made with the iuyce of quinces, called Dacytonites, taken two houres afore diner or supper, is cōmēded of Galene, and other, for restoring appetite, and making good concoction. Also cōcerning drink at meales, it wolde not be afore that somwhat were eaten. And at the begining the drink wold be strongest, & so toward the end more smal, if it be ale or bere, & if it be wyne more & more alaied with water. And after the better opinio of phisitions, the drinke wold rather be mixt with the meate by sondry litel draughtes, than with one grete draught at the end of the meale, for the mixture tempreth wel the meate without anoiance, a great draught with much drink, drowneth the

Drink at meales.

meate, rebuketh naturall heate, that than worketh in cõcoction, and with his weight driueth downe the meate to hastily. Hotte wynes and sweete, or confectioned with spyces, or very strong ale or biere ar not conuenient at meales, for the meate is by them rather corrupted than digested, and thei make hotte and stinkyng vapours ascend vp to the braines. Albeit if the stomake be very windie, or so cold and feble, that it can not concoct suche a quantitie of meat, as is required to the sufficient nourishement of the bodie of hym that eateth, or hath eaten raw herbes or fruites, wherby he feeleth some anoiance, than may he drincke laste incontinent after his meale, a littell quantitee of secke, or good aqua vite in small ale, but if he haue muche choler in his stomake, or a head full of vapours, it were muche better, that he did neither drinke the one, nor the other, but rather eate a littell coliander sede prepared, or a piece of a quince rosted, or in a marmelade, and after rest, to amend the lacke of nature with slepe, moderate exercise, & playsters prouided for comfortyng of the stomacke. And here will I leaue to write any more of the diete in eatyng and drinckyng, sauyng that I would, that the readers should haue in remembrance these two counsailles. First, that to an hole man, to precise a rule is not conuenient in diet, and that the diseases, which do happen by to muche abstinence, are worse to be cured, then thei whiche come by replecion. And Cornelius Celsus saith, A man that is hole & well at ease, and is at his libertie, ought not to bind him self

Cor. cel. li. 1. ca. 1. idē. ca. 2.

to

to tules or nede a phisicio: but yet where the sto-
make is feble, as is of the more part of citesens
and well nigh al thei that be studio⁹ in lernyng
or weighty affayres, there ought to be more cir-
cumspection, that the meat may be such, as that
either in qualitee or quantitee, nature beyng but
feeble, be not rebuked or to muche oppressed.

of slepe and vvatche. Cap. 30.

The commoditee of moderate slepe, appe-
reth by this, that naturall heate, whiche
is occupied about the matter, wherof pro
cedeth norishment, is cōforted in the pla-
ces of digestion, and so digestiō is made better,
or more perfit by slepe, the body fatter, the mind
more quiete and clere, the humours temperate:
and by muche watch all thyng⁹ happen contra-
rie. The moderacion of sleepe must be measu-
red by healthe and sickneſſe, by age, by tyme, by
emptineſſe or fulneſſe of the body, and by natu-
rall complexcions. First to a hole man, hauyng
no debilitee of nature, and digestyng perfectly
the meat that he eateth, a litteil slepe is suffici-
ent: but to them, whiche haue weake stomakes,
and doe digest slowely, it requireth, that sleepe
be muche lenger. semblable temperance is requi-
red in youth and age, winter and sommer. The
body beyng full of yl humours, very littel slepe
is sufficient, except the humors bt crude or raw,
for than is slepe necessary, whiche digesteth thē
better than labour. Semblably where the body
is long emptie, by long sickneſſe or abstinence,
slepe comforteth nature, as wel in the principal
membres

membres, as in all the other. Also regarde must be had to the complexion, for they that are hot and do eate litell, and degeste quyckely, a littell slepe serueth, specially to cholerike personnes, for in them much slepe augmenteth heate, more than is necessary, wherby hot fumes and inflamacions ar often ingendred, and sometyme the naturall choler is adust or putrified, as experyence teacheth. Flcumatik persõs are naturally inclined to slepe: and bicause thei ingender moche humours, they require more slepe than sanguyne or cholerych. Persones hauing naturall melancoly, not proceding of choler adust, doo require very muche sleape, which in them comforteth the powers animal, vital, and natural, which ye may find writē in the tables precedig. Sleapē wolde be taken not immedeately after meales, and before that the meate is dyscended from the mouth of the stomacke. For therby is ingendred peines and noyse in the bealy, and digestion corrupted, and the sleape by yl vapours, ascending, made vnquiete and troublous. more ouer immoderate slepe maketh the body apt vnto palseis, applexis, falling sickenes, rewmes, & impostumes. Also it maketh the wyttes dull, and the bodye slow and vnapte to honest exercyse. Semblably immoderate watche drieth to much the body, and wth debilitate the powers animal, letteth digestion, and maketh the body apt to consumpcions. Wherfore in these two thynges, as well as all other, a diligent temperance is to be vsed, the moderaciō is best coniected (for it is harde perfectly to know it) by the sensi-

lenſible lightnes of al the body, ſpeciallye of the brayne, the browes, and the eyes, the paſſage downe of the meate from the ſtomake, the wyll to make vrine, and to go to the ſtoole. contrary wiſe, heuines in the body & eyes, and ſauour of the meate before eaten, ſignificth that the ſleape was not ſufficiēt. Thei that are hole muſt ſlepe firſt on the right ſide, becauſe the meate may approche to the lyuer, which is to the ſtomake, as fyre vnder the potte, and by hym is digeſted. To them, which haue feeble dygſtion, it is good to ſlepe proſtrate on theyr bealies, or to haue their bare hand on their ſtomakes. Lyng vpright on the backe, is to be vtterly abhorred.

The commoditee of exerciſe, and the tyme vvhan it ſhuld be vſed. Cap. 31.

EVery meuyng is not an exercyſe but onely that which is vehement, the end wherof, is alteracīō of the breath or wind of a man. Of exercyſe do procede two commodities, euacuation of excremētes, and alſo good habite of the body. for exercyſe beyng a vehement mocion, thereof nedes muſte enſewe hardeneſſe of the members, wherby labor ſhal the leſſe greue, and the body be the more ſtrong to labour. Alſo ther of commeth augmentacion of heate, whereby happeneth the more attraccion of thynges to be dygeſted, alſo more quycke alteracion, and better nourylſhyng. Moreouer, that all and ſynguler partes of the bodie, bee therewith ſomewhat humected. Whereby it happeneth, that

thynges

thynges harde be mollified, moiste thynges are extenuate, and the pozes of the bodie are moze opened. And by the violence of the breathe oz wynde, the pozes are clenſed, and the fylthe in the bodie naturally expelled. This thyng is ſo neceſſary to the pzeſeruacion of helth, that with out it, no man maie be long without ſickneſſe, whiche is affirmed by Cozneliꝰ Celſus, ſaiyng, that ſluggiſhnes dulleth the bodie, labouredooeth ſtrength it, the fyrſt bringeth the incommoditees of age ſhoztly, the laſt maketh a man long tyme luſtie. Not withſtandyng in exerciſe ought to be fowze thynges diligently conſidered, that is to ſaie, the tyme, the thynges pzecedyng, the qualitee, and the quantitee of exerciſe.

Cor. cel. lib. 1.

¶ Firſt as concernyng the time conuenient foz exerciſe, that it be not whan there is in the ſtomake oz bowelles great quantitee of meat not ſufficiently digeſted, oz of humours crude oz rawe, leaſt therby peryll mought inſue by conueyaunce of theim into all the membzes, before thoſe meates oz humours be concocte oz boyled ſufficiently. Galene ſaieth, that the tyme moſte conuenient foz exerciſe is, whan bothe the firſt and ſeconde digeſtion is complete, as well in the ſtomake, as in the veynes, and that the time approcheth to eate ekſtones. Foz if ye doe exerciſe ſooner oz later, ye ſhall either fyll the bodie with crude humozs oz els augment yelow choler. The knowlage of this tyme is perceiued by the colour of the vrine, foz that whiche reſembleth vnto clere water, betokeneth that the iuice whiche commeth from the ſtomacke, is crude in

Lib. 2. de tuenda ſanitate.

the

the veynes: that whiche is well coloured, not to high or base, betokeneth that the seconde digestion is now perfect: where the colour is very high or red: it signifieth, that the concoction is more than sufficient. Wherfore whan the vrine appereth in a temperate colour, not redde nor pale, but as it were gylte, than should exercise haue his beginnyng.

Of fricasies or rubbynges precedyng exercise. Cap. 32.

As touchyng thynges precedyng exercise, for asmuch as it is to be feared, lest by vehement exercise any of the excrementes of the realy or bladder, shuld hastily be receiued into the habite of the bodie, by the violence of heate, kiendled by exercise, also lest some thyng, which is hole, be by heuinesse of excrementes or violent mocion, broken or pulled out of his place, or that the excrementes, by violence of the breathe, should stop the pores or cunduites of the bodie, it shall be necessary littell and littel, by chafyng the bodie, first to mollifie the partes consolidate, and to extenuate or make thinne humours, and to loose and open the pores, and than shall insue to hym that exerciseth, no peryll of obstruction or rupture. And to bryng that to passe, it shall be expedient after that the body is clensed, to rubbe the body with a course lynnen clothe, first softly and easily, and after to increase more and more, to a hard

Galenus
Paulus.
Orbasi⁹.
Aetius.

harde and swifte rubbyng, vntyll the flesshe do swel, and be somewhat ruddy, and that not only down right, but also ouerthwart and round. Some do vse fricasies in this forme, in the morning, after that thei haue ben at the stoole, with their shirte sleues or bare hande, if their flesh be tender, they do firste softly. and afterward faster, rubbe theyr brest and sydes downwarde, and ouerthwart, not touching their stomake or bealy, and after cause their seruant semblably to rubbe ouerthwart their shulders. and backe, and beginning at their neckbone, and not touchyng the raines of theyr back, excepte they doe feele ther much cold and winde, and afterward theyr legges frō the knees to the ancle: last their armes from the elbowe to the handwrest. And in this forme of fricasy I my self haue founden an excellent commoditie. Old men, or they whiche be very drye in their bodies, yf they put to some swete oyles, aspyniū, Nardinum, Chamemelinum, or other lyke, myxt with a lytel swete oyle of roses, I suppose they do wel. I wil not here speake of oyntmentes vsed in old tyme amonge the Romaynes and Grekes, in fricasies or rubbynges. For I suppose, that they were neuer here vsed, and in the sayde places, thei be also left, oncles it be in palseies, or apoplexies or agaynst the rigour, which hapneth in feuers onely. I wil remember the saiyng of Hippocrates, Fricasy hath power to lowse, to bynde, to increase flesshe, and to minysh it. For hard fricasies doo bynde or consolydate, soft rubbyng doth lowse or mollyfy. much doth minish flesh,

meane,

meane rubbyng dooeth augment or increase it. He that will knowe more aboundantly hereof, let hym reade the booke of Galene of the preseruacion of helth, called in latine De tuenda sanitate, thanslated moste truely and eloquently, out of greeke into latine, by doctour Lynacre, late phisicion of most woorthie memorie to our soueraigne lorde kyng Henrie the eight.
The same matter is written more briefely of Paulus Aeginceta, Oribasius, Aetius, and som other late writers, but vnto Galene not to bee compared.

The diuersitees of exercises. Cap. 33.

The qualitee of exercise, is the diuersitee therof, for asmuch as therin be many differences in mouyng, and also some exercise moueth more one parte of the bodie, some an other. In difference of mouyng, some is slowe or soft, some is swifte or faste, some is strong or violent, some be myxte with strength and swiftnesse. Strong or violent exercises be these, deluyng (specially in tough clay and heuy) bearyng or susteinyng of heauy burdeins, climmyng or walkyng against a steepe vpright hyll, holdyng a rope, and climmyng vp therby, hangeyng by the handes on any thyng aboue a mans reach, that his feete touch not the ground: standyng and holdyng vp, or spreadyng the armes, with the handes faste cloased, and abidyng so a long tyme. Also to holde the armes stedfast, causyng an other manne, to assaie, to pull them

out, and not withstandyng he kepeth his arme stedfast, inforcyng therevnto the synewes and muscules. Wrastlyng also with the armes and legges: if the personnes be equall in strength, it dooeth exercise the one and the other: if the one be stronger, than is it to the weaker a more violent exercise. All these kyndes of exercises, and other lyke them, do augment strength, and therfore they serue onely for young men, whiche be inclined, or be apt to the warres. Swifte exercise without violence is, rennyng, playyng with weapons, tenyse, or throwyng of the ball, trottyng a space of grounde forwarde and backeward, goeyng on the toes, and holdyng vp the handes. Also stirryng vp and downe his armes, without plummettes. Vehement exercise is compounde of violent exercise, and swyfte, whan they are ioyned togither at one tyme, as daunsyng of galyardes, throwyng of the ball, and rennyng after it: footeball plate may be in the numbre therof, throwyng of the long darte, and continewyng it many tymes, rennyng in harneyse, and other lyke. The moderate exercyse is long walkyng or goeyng a iourneye. The partes of the bodie haue sondrie exercises appropried vnto them, as rennyng and goeyng is the moste proper for the legges. Wouyng of the armes vp and downe, of stretchyng them out, and playyng with weapons, serueth moste for the armes and shoulders, throwyng and risyng oftentymes, or liftyng great weightes, takyng vp plummettes or other lyke poyses on the endes of staues, and in likewyse, liftyng vp

in

in euery hande a ſpeare or moriſpyke by the endes, ſpecially croſſyng the handes, and to laye theim downe againe in their places: theſe doe exercise the backe and loynes. Of the bulke and lunges the proper exercyſe is meeuyng of the breath in ſingyng or cryng. The entrayles, whiche be vnderneath the myddryffe, bee exerciſed by blowyng, either by conſtrainte, or playyng on ſhaulmes or ſackbottes, or other ſyke inſtrumentes, whiche do require muche wynde. The muſcules are beſt exerciſed with holdyng the breath in a long tyme, ſo that he, whiche dooeth exercise, hath well digeſted his meate, and is not troubled with muche wynde in his bodie. Finally lowde readyng, counterfayte battayle, tenyſe, or throwyng the ball, rennyng, walkyng, adde to ſhootyng, whiche in mine opinion exceede all the other, dooe exercyſe the bodie commodiouſely. Alwaie remember, that the ende of violent exercise is, difficultee in fetchyng of the breath. Of moderate exercise, alteration of breath onely, or the beginnyng of ſweate. Moreouer in wynter, rennyng and wraſtelyng is conuenient. In ſommer wraſtelyng a littell, but not rennyng. In very colde weather, muche walkyng, in hotte weather, reſte is more expedient. They whiche ſeeme to haue myghtie bodies, and liue in idelneſſe, they haue neede of violent exercyſe. They whiche are leane and cholerike, muſt walke ſoftlie, and exercyſe theim ſelfe very temperately. The plummettes, called of Galene Alteres, whiche are nowe muche vſed with Celſus. 1.

great men, beyng of equall weight, and accor-dyng to the strength of hym, that exerciseth, are very good to be vsed fastyng, a littell before breakefast or dyner, holdyng in euery hand one plummet, and liftyng them downe with muche violence, and so he maie make the exercise vio-lent, or moderate, after the poyse of the plum-mettes, heuier or lighter, and with muche or lit-tell labouryng with them.

¶Of gestacion, that is to saie, vvhere one is caried, and is of an other thyng meued, and not of hym self. Cap. 34.

Pau. egi. Actius.

There is also an other kynde of exercise, whiche is called Gestacion, and is mixte with mouyng and rest. For as muche as the body sittyng or lyng seemeth to rest, and notwithstandyng it is meued by that, whi-che beareth it, as lyng in a bedde, hangeyng by coardes or chaynes; or in a cradell, sittyng in a chayre, which is caried on mens shoulders with staues, as was the vse of the ancient Romains, or sittyng in a boate or barge, which is rowed, ridyng on a horse, whiche aumbleth very easi-ly, or goeth a very soft pace. The bedde, cradell, and chayre caried, seruеth for theim that are in long and continual sickenesse, or be lately reco-uered of a feuer. Also theim, whiche haue the frenesie or letarge, or haue a lyght terciane fe-uer, or a cotidiane. This exercise sweetely as-swageth troubles of the mynde, and prouoketh slepe,

slepe, as it appereth in childzen, whiche are rocked. Also it is conuenient for them, whiche haue the palsey, the stone, or the gowte. Gestacion in a chariot or wagon hath in it a shakyng of the bodie, but some vehement, and some more soft, the softe seruyth in diseases of the heade, and where any matter renneth downe into the stomake and entrailes. But the vehement shakyng is to be vsed in the griefes of the brest and stomake. Also in swellyng of the bodie and legges in dropsies, palseis, migrimes, and scotomies, whiche is an imaginacion of darkenesse: beyng returned, at the end of his iourney, he must sit vp, and be easily moued. I haue knowen saith Aetius, many persons in such wyse cured without any other helpe. Nauigacion or rowyng nigh to the lande, in a calme water, is expedient for them that haue dropsies, lepries, palseis, called of the vulgar people, takyng, and frensies. To be carted on a rough water, it is a violent exercise, and inducyth sundrie affections of the mynde, somtyme feare, somtyme hope, nowe coward hert, now hardinesse, one while pleasure, an other whyle displeasure. These exercises, if they be well tempered, they may put out of the body, all long duryng sicknesses. For that whiche is myxte with rest and meuyng, if any thyng els male, it most excellently causeth the body to be well nourished. Celsus doeth prohibite Gestacion, where the body feeleth peyne, and in the beginnyng of feuers, but whan thei cease, he alloweth it. Ridyng moderately and without griefe, doeth corroborate the spirite and body Celsus. 2

aboue other exercises, specially the stomake, it clenseth the sences, and maketh the more quick: Albeit to the breast, it is very noyfull. It ought to be remembred, that as well this, as all other kindes of exercise, would be vsed in a hole countrie, and where the ayre is pure and vncorrupted. Forseen, that he that will exercise, doe go first to the stoole, for the causes rehearsed in the last chapter.

Of vociferacion. Cap. 15.

The chefe exercise of the breast and instrumentes of the voice is vociferacion, whiche is singeyng, reding, or criyng, wherof is the propertee that it purgeth naturall heate, and maketh it also subtill and stable, and maketh the membres of the bodie substaunciall and strong, resistyng diseases. This exercyse would be vsed, of persons shorte wynded, and them whiche can not fetch their breath, but holdyng their necke streight vpright. Also of them, whose flesshe is consumed, specially about the breast and shoulders. Also whiche haue had aposthumes broken in their breastes: moreouer of them that are horse by the muche moysture, and to them, which haue quartaine feuers, it is conuenient: it looseth the humour that sticketh in the breast, and drieth vp the moistnes of the stomacke, whiche properly the course of the quartaine is wont to bryng with hym, it also profiteth them which haue feble stomakes, or do vomite continually, or to breake vp lowrenes out of the stomacke. It is good also for griefes of

the

the head. He that intendeth to attempt this exercise, after that he hath been at the stoole, and softly rubbed the lower partes, and washed his handes, let him speake with as base a voice as he can, and walkyng, begin to syng lowder and lowder, but still in a base voyce, and to take no heede of sweete tunes or armonie. For that nothyng doeth profite vnto helth of the body, but to inforce him self to syng great, for therby muche ayre drawen in by fetchyng of breath, thrusteth foorth the breast and stomake, and openeth and enlargeth the pores. By high cryng and lowde readyng, are expelled superfluouse humours. Therfore mē and women, hauyng their bodies feeble, and their flesshe loose, and not firme, muste reade oftentymes lowde, and in a base voyce, extendyng out the wynde pype, and other passages of the breath. But not withstandyng, this exercise is not vsed alwaie, and of all persons. For they, in whom is abundaunce of humours corrupted, or be muche diseased with crudite in the stomacke and veynes, those doe I counsayle to abstain from the exercyse of the voyce, lest muche corrupted iuice or vapors, may thereby be into all the bodie distributed. And here I conclude to speake of exercise, whiche of them that desire to remain long in helth, is moste diligently, and as I might say, moste scrupulously to be obserued.

THE THIRDE BOOKE.

Of Replecion. Cap. primo.

REPLECION IS A superfluous abundance of humours in the body: and that is in twoo maner of wise, that is to sai, in quãtitee, and in qualitee. In quantitee as where all the foure humors are more in abundance, than be equall in proporcion to the body, that cõteineth them, or where one humour muche exceadeth the remnaunt in quantitee. In qualitee, as where the bloud, or other humour, is hotter, or colder, thicker or thinner, than is conuenient vnto the bodie. First where all the humours, beyng superfluously increased, fylleth and extendeth the receptories of the body, as the stomake, the veines, and bowels, and is moste properly called fulnesse, in greke Plethora, in latin Plenitudo. The other is, where the body is infarced, either with choler, yelow or blacke, or with fleume, or with watrie humors, and is properly called in greke Cacochymia, in latin Vitiosus succus, in englishe it may be called corrupt iuice. I will not here write, the subtil and abundant definicions and descripcions of Galen in his bokes de Plenitudine, and in his commentaries vpõ the Apho-

phozisimes of Hippocrates. Foz it shal here suf-
fice, to shew the operacions of repletion, good
oz yll, remittyng theim, whiche be curious, and
desire a moze ample declaracion, to the most ex-
cellent wo.kes of Galene, where he may be sa- li. 2. aph.
tisfied, if he be not determined to repugne a-
gainst reason. Hippocrates saith, where meate
is receiued muche aboue nature, that maketh Apho. 15
sickenesse. Galene declaryng that place saieth, Vbi cib⁹
Moze meate than accozdeth with natures mea- præter
sure, is named repletion. And afterward he ex- naturam
poundeth that wozde aboue nature, to signifie plus in-
to much and superfluously, as who saith, where gest⁹ est,
the meat is superfluously taken, it maketh sick- hic mor-
nesse. Foz meate but a littell exceadyng tempe- bū facit.
rance, maie not foozthwith make sickenesse, but Galen. in
maie yet keepe the bodie within the latitude oz cōmen.
boundes of health, foz the meat that shall make loco præ
sickenesse, must not a littell excede the exquisite dicto.
measure. The incommoditee, whiche hapneth
therby is, that moistnesse is to muche extended,
and naturall heate is debilitate. Also naturall
heate resolueth somewhat of the superfluouse
meate and dzinke. And of that, whiche is resol-
ued of meate vndigested, proceadeth fumositee
grosse and vndigested, whiche ascendyng vp in-
to the head, and touchyng the ryme, wherin the
brayne is wzapped, causeth head ache, trem-
blyng of the membzes, duskishnesse of the sight,
and many other sicknesses. also by the sharpnes
thereof, it pricketh and annoieth the synewes,
whiche make sensibilitee, the rootes of whom,
ar in the brain, and from thens passeth thzough

all the bodie. Finally, the said fumositee ingendred of replecion, pearcyng the innermost parte of the said sinewes, called sensible, greuously annoyeth the power animall, there consistyng, by the occasion wherof, vnderstandyng and reason, as to the vse of them, are let and troubled. And also the tongue, whiche is reasons expositour, is depriued of his office, as it appereth in them, whiche are dronke, and them, whiche haue greuous peynes in their head, procedyng of replecion. Signes of replecion be these, losse of appetite, delite in nothyng, slouthfulnesse, dulnesse of the witte and sences, more sleepe than was accustomed to be, crampes in the body, stretyng or salcion of the membres, fulnesse of the veynes, and thicknesse of the pulses, horrour or shrouelyng of the bodie myxte with heate. The remedies are abstinence, and all euacuations, wherof I will make mēcion in the next chapter.

Oribasi⁹ euporis ston. li. 1.

Of euacuacion. Cap. 2.

The meates and drinkes receiued into the bodie, if the stomake and lyuer do their naturall office, be altered by concoction and digestion, in suche wise, that the best parte therof gooeth in the nourishement of the bodie: the woorste beyng separate by the membres officiell, from the residue, are made excrementes in sundrie fourmes and substaunces, whiche are lyke in qualitee to the naturall humour, whiche than reigneth moste in the bodie. These excrementes be none other, but matter sus-

Excremētes.

superfluous, and vnclauerie, whiche by natu-
rall powees may not be conuerted into flesshe,
but remaynyng in the bodie, corrupte the mem-
bres, and therfo e nature abhorryng theim,
desireth to haue theim expelled. These excre-
mentes be three in numbre, ordure, urine, hu- Ordure.
mour superfluous. Moreouer, there be two
sortes of ordure, that is to saie, one digested, Digested
whiche passeth by siege, the other vndigested,
whiche is expelled by vomitte. Where I saie
digested, I meane, that it is passed the sto-
make, and tourned into an other fygure. Like-
wyse I call that vndigested, wh'che still retey-
neth the fygure of meate. Urine is the watrie Urine.
substaunce of the bloud, lyke as whaye is of
mylke, whiche out of the meate that is altered
and concocte or boyled in the stomake, is strai-
ned in the veynes called Milaraice, which pro-
ceedeth from the holowe parte of the lyuer, and
sent by the raynes into the bladder, passeth by
the instrument, the whiche is ordeyned as well
to that pourpose, as for generacion. Humour Humour
superfluouse is in three sortes, eyther myxte superflu-
with any of the fowre humours, called natu- ouse.
rall, or els it is gathered into the brayne, or it
is betweene the skinne and the flesshe, or lyeth a-
mong the synewes, Muscules, or ioinctes. Of
humours some are more grosse and colde, some
are subtill and hotte, and are called vapours.
Now for to expell the said excrementes, are ir.
sundrie kyndes of euacuation, that is to saie,
abstinence, vomit, purgation by siege, letting of
bloud, scarifyng called cuppyng, sweatyng,
prouo-

prouocacion of vrine, spittyng, bledyng at the nose, or by hemorroides. And in womē, their naturall purgacions. Of these euacuacions I will briefly declare, with the commodities, which by the discrete vse of thē do happen vnto the body.

Of abstinence. Cap. 3.

ABstinence is a forbearyng to receiue any meate or drincke. For if it be but in part, it is than called rather temperance than abstinence. It ought to be vsed only after repletiō, as the proper remedie therfore. And than if it be moderate, it consumeth superfluities, and in consumyng them, it clarifieth the humours, maketh the bodie fayre coloured, and not onely keepeth out sickenesse, but also where sickenesse is entred, nothing more helpeth, if it be vsed in season. To them, which haue very moiste bodies, hunger is right expedient, for it maketh them more drie: not withstandyng there ought to be considerations, in the meat before eaten, in the age of the person, in the tyme of the yere, and in custome. First in the meat before eaten, if it be muche in excesse or very grosse. or not muche exceadyng, or light of digestion, and accordyng thereto, would abstinence more or lesse be proporcioned. Concernyng age, Hippocrates saieth, olde men maie susteine fastyng easily: next vnto thē, men of middell age, yong men maie worse beare it, children wurst of all, specially they that be lustie: not withstandyng here Galene correcteth Hippocr. saiyng, that he should haue excepted men very olde, who, as expe-

Cor. cel. lib. 2.

Hipp. aphor. li. 7

Considerations in abstinēce

Aph. li. 1

Galē. in cōmen.

experience declareth, must eate often and littell. As touchyng tyme, it muste be remembred, that in wynter and spring tyme, the stomakes be naturally very hotte, and slepe is long, and therfore in that tyme meates would be more abundant, and although much be eaten, it will be soner digested. Wherfore abstinence wold not be than so muche as in sommer, all be it to abstein muche in sommer, excepte it be after replecion, Damascene saith, it drieth the bodie, it maketh the colour salow, it ingendreth melancoly, and hurteth the sight. Moreouer, custome maie not be forgotten, for they whiche are vsed frō childhode, to eate sondrie meales in the daie, would rather be reduced to fewer meales, and littell meate, than to be compelled to absteine vtterly, to the intent that nature, whiche is made by custome, be not rebuked, and the power digestiue therby debilitate. And note well, that by to muche abstinence, the moisture of the body is withdrawen: and consequently the body drieth, and wareth leane, naturall heate, by withdrawyng of moisture is to muche incended, & not findyng humour to worke in, turneth his violence to the radicall or substanciall moisture of the bodie, and exhaustyng that humour, bringeth the body into a consumpcion. Wherfore Hippo. saieth, that to scarse and exquisite an order in meate and drinke, is for the more parte more daungerous than that, whiche is more abundant. Contrariwyse moderacion in abstinence, accordyng to the saied considerations, is to health a sure bulwarke.

Damasce n°. apho.

Apho. lib. 2.

Of

Of vomite. Cap. 4.

Aetius. lib. 1.

The meate or drinke superfluous, or corrupted in the stomake, is best expelled by vomite, if it be not very greuous to hym which is diseased. Also the moderate vse of it, purgeth fleume, lighteth the head, causeth that the excesse of meates or drinches, shall not annoie or bryng sickenesse. Moreouer it amendeth the affectes of the raynes, bladder, and the foundemēt. It also helpeth against lepries, cankers, goutes, dropsies, and also diuers sikenesses proceding of the stomake. For if any grefe happeth of the head, vomite is than vncommodious. It is better in winter than in sommer. Also good for them, whiche are replete, or very cholerike, if they haue not well digested, but it is yll for them that be leane, or haue weake stomakes. And therfore where one feeleth bitter vapours risyng out of his stomacke, with griefe and weightinesse, in the ouer partes of his bodie, let hym renne foorthwith to this remedie. It is also good for him that is hert burned, and hath muche spyttell, or his stomake wambleth, and for hym that remeueth into sundrie plates.

Cor. cel. lib. 1.

Yet I counsaile saith Celsus, hym that will be in helth, and would not be to sone aged, that he vse not this daily. And I my self haue knowen men, whiche daily vsyng it, haue brought therby their stomakes into suche custom, that what so euer they did eate, they could not long retain it, wherby they shorten their liues. Wherfore it would not be vsed, but onely where great sure-

fet,

fat, or abundance of fleme do require it. He that will vomite after meate, let him drinke sondrie drinkes myxte togither, and last of all, warme water: or if that be to cause, let hym mixe therwith salte or hony. If he will vomite fastyng, let him drinke water and hony sodden togither, or I sope with it, or eate of a radishe roote, and drinke warme water vpō it. Also water wherin radishe is boyled, and afterwarde prouoke him selfe to it. Them that will haue more violent purgacions, I remit to phisicions lerned. But yet I doe ofttimes warne them, that therin they be circumspect, and do not muche vse it. Moreouer in vomites, the matter brought forth, wold be considered, accordyng to the rules of Hippocrates, in his second boke of pronosticacions, that is to saie, if it be mixt with fleume and choler, it is moste profitable, if it be not in verie great quantitee, nor thicke, the lesse myxture it hath, the worse it is. If it be greene, like to leeke blades, thinne or blacke, it is to be iudged yll. If it haue all colours, it is extreme perillous. If it be leady coloured, and sauoureth horribly, it signifieth a short abolicion, or dissolucion of nature. For as Galene affirmeth there in his comment, suche maner of vomite declareth corrupcion with extinctyng of nature. Also euery putrified and stinkyng sauour in vomite is yll. These thynges be right necessarie to be looked for, where one doeth vomite without any difficultee: but to enforce one to vomite, whiche can not, is very odious and to be abhorred.

Hippoc. præsag. 2. cap. 7.

Galē. de locis affectis. lib. 1.

Of

Of purgacions by siege. Cap. 5.

Cel. li. 1. Aetius, lib. 3.

If the head be heauie, or the eien dimme, or if there be peyne felte of the colike, or in the lower part of the bealy, or in the hyppes, or some cholerike matter or fleume in the stomake. Also if the bzeth be hardly fetched, if the bealy of him selfe sendeth forth nothyng, or if beyng costiue, one feeleth yll sauour or bitternesse in his mouth, or that whiche he maketh, hath an horrible sauour, or if abstinence do not, at the first put awaie the feuer, or if the strength of the bodie may not susteine letyng of bloud, or els the tyme therfore conuenient is past, or if one haue dronke muche before his sickneſſe, or if he whiche oftentimes vnconstreigned, hath had great sieges, bee soodainly stopped: In all these cases, and where it is peinfull to vomitte, and in gnawyng or frettynges of the stomake, finally in all replecions, where a man can not or will not be let blud or vomit, it is expedient to prouoke siege by purgacions, whiche are receiued by two waies: Upward at the foundemente by suppositories or clisters. Downward at the mouth, by potions, electuaries, or pylles. Suppositories are vsed, where the pacient is weake, and may not receiue any other paurgacions. Somtime for as muche as the straite gutte is stopped with excrementes, whiche are drie and harde, somtime where there nedeth none other purgacion, specially in burnyng feuers, wherof the matter ascendeth into the head, than clisters may do harme, and by the be-

benefite of ſuppoſitories, extrements are brought foorth without any annoiaunce. And oftentymes it bringeth foorth that, whiche cliſters may not. Suppoſitories are made ſomtyme with honie onely, ſodden, rolled on a bourde, and made round: ſmaller at the one end, than at the other, and of the length and greatneſſe, accordyng to the quantitee of the body that taketh it. Somtyme there is myrre with the honye, ſalte dryed, or ſalte pepper, or the powder of ſuche thynges, as do either pourge the humour, whiche offendeth, or diſſolueth groſſe wyndes, or other matter: they be ſomtyme made with roſin, pitche, waxe, or gummes, ſomtyme of rootes, or the leaues of Mercurie greene, very ſmall bruiſed. Alſo with fygges or raiſons, the ſtones taken out, or of white ſope, made in the fygure aforeſaid, and beyng made in the fourme aforeſaid, they muſt be put vp in at the foundement, to the great ende, and the pacient muſt keepe it there the ſpace of halfe an howre, or more.

¶ Clyſters are made of licour ſomtime ſymple, as water ſodden, mylke, oyle, or wyne, ſomtime myrre, as water and oyle together, or decoctions, as where herbes, rootes, fruites, ſeedes, or gūmes, hauyng propertie to make ſoft, diſſolue drawe foorth, or expell matter that greueth, be boyled, and the lycour therof, ſomtime warme, ſomtyme hotte, is receiued at the foundement into the body by a litteil pype of gold, or ſiluer, yuorie, or wodde, therfore ordeyned and called a clyſter pype. This is neceſſarie, where the ſtomake is weake, and maie not ſuſteine the wor-

kyng of medicines receiued at the mouthe, also in feuers, colickes, and other diseases in the bowels, greke in the raynes of the backe or huckle bone, ventosites in the heaip, inflamacion or exulceracion in the guttes or bladder. It is a conuenient and sure medicine, and least hurt doeth ensue of it. The makyng and ordryng thereof, I will omitte to write in this place, partly that I wold not, that phisicions should to muche note in me presumpcion, partely that an other place may be more apte to that purpose.

The particuler commoditees of euery purgacion. Cap. 6.

In pocions, electuaries, and pylles, ought to be muche more obseruacion, than in clysters or suppositories, for asmuch as these do enter no further than into the gutte, where the ordure lieth, & by that place onely, bringeth foorth the matter, whiche causeth disease. But thother entryng in that waie, that meates and drinkes do, commeth into the stomake, and there is boyled, and sente into the places of digestion, and after warde is myxte with the iuice, wherof the substaunce of the bodie is made, and expellyng the aduersarie humoures, somewhat thereof doubtlesse remaineth in the bodie. Wherfore menne haue neede to beware, what medicines they receiue, that in theim be no venenositee, malyce or corruption, lest for the expellyng of a superfluous humor, which perchance good diet, or some brothes made of good herbes, or the said

euacuation, with suppository or clister, mought bryng foorth at leysure, by desiryng of two hastie remedy, they receiue in medicine, that whiche shall ingender a venemous humour, and vneuitable destruction into all the bodie. And therfore happie is he, whiche in sickenesse fyndeth a discrete and well learned phisicion, and so true a potycarie, that hath alwaie drugges vncorrupted, and whom the physicion maie surely truste, to dispence his thynges truely. But nowe to retourne to the saied fourme of purgacion, I wyll nowe set foorth some counsailes, concernyng that matter, whiche I haue collected out of the chiefe authours of phisicke. Bodies hotte and moiste, maie easily susteyne pourgacion by the stoole. Thei whiche be leane or thinne, hauyng the membres tender, maie take harme by pourgacions. To men that are cholerike, and theim that eate litteil, pourgacions are greuouse. In yong childzen and old men, it is daungerouse to loose muche the bealy. To theim that are not woonte to it, pourgacion is noyfull. He that liueth in a good order of diete, needeth neither purgacion nor vomite. After that the pourgacion hath wrought, thirstinesse and sounde sleepe be signes that the bodie is sufficiently pourged. By daily takyng of medicines, Nature is corrupted. Whan ye wyll pourge any thyng, make first the matter flowyng and soluble. Medicine to purge ought not to be myngled with meate, but to be taken fowre houres at the leaste before meales, or thre houres after meales, except certaine easie Hippocr. apher.

pylles made to clense and comfort the stomake, whiche would be taken at the beginnyng of supper, or after supper, a litteli before that one goeth to bedde, makyng a light supper or none. After purgacion taken, the pacient should reste and not walk, vntil the medicine hath wrought not eate or drincke in the meane space. These thynges haue I remẽbred, because I haue knowen right good Philicions, to haue forgotten, to instruct therof their pacientes. Nowe wyll I set foorth the table of suche thynges, whiche of their propertee doe digest or pourge, superfluous humors particulerly, whiche I haue gathered out of the bookes of Dioscorides, Galene, Paul⁹ Aegineta, Oribasius, and Aetius, and other late writers: not withstandyng, I haue not written all, for asmuche as there be diuers thynges, whervnto we haue not yet founden any names in englishe.

Digestiues of choler.

Endiue.
Lettise.
Lykorie.
Scabiose.
Maydenheare.
Malowes.
Mercurie.
The iuice of pomegranades.
Pourselane.
Popy.
Barberies.
Roses.
Violettes the leaf and flowre.
Sorell.
Lyuerwoort.
Sorell de boyse.
Whay clarified.
The great foure colde sedes, that is to say, of gourdes, cucumbers, melones, and citruls.
Psilium.

Vene-

Tyneger.
Saunders.
Barley water.
Prunes.
Tamaryndes.

¶ Pourgers of choler.

Wylde hoppes.
Wormewood.
Centorie.
Fumytorie.
Whay of butter.
Violettes.
Mercurie.
Prunes.
Juice of Roses.
Eupatorie.
Tamarindes, halfe an ounce in a decoction.
Manna. vi. drammes at the least, and so to xvi. in the brothe of a henne or capon.
Reubarbarū by it self from twoo drammes, vnto foure, infused or stiped in tycour, from viii. drāmes vnto. viii.

Digestiues of fleume.

¶ Fenell.
Perselye, the rootes.
Smallage.
Capers.
Lawrell.
Sinuy.
Puly.
Maioram.
Pentroyall.
Wylde parsnyp seede.
Mynt.
Pymperneil.
Horsemynt.
Gladen.
Agrimony.
Calamynt.
Nep.
Betayne.
Sauge.
Radische.
Mugwoort.
Junyper.
Hysope.
Pyonie.
Baulme.
Hony.
Synger.
Squilla.
Aristolochia.
Cynamome.
Pepper.
Cumyne.

¶ Pour-

¶ Pourgers of fleume.

¶ Centorie.
Pettyll.
Agrimonie.
Alder.
Polypodiū of the oke.
Myrabolani kebuli, infused from halfe an ounce to an ounce, & two drammes. In substaunce from twoo drammes, to halfe an ounce.
Agaricꝰ, from a drāme to two drammes, infused from. ii. drāmes to fiue.
Yreos.
Maydenheare.
Sticados.

¶ Pourgers of melancholy.

¶ The broathe of colewoortes, lyght boyled.
Baulme mynte.
Sticados.
Tyme.
Seene, boyled in white wine, or in the broathe of a henne.
Lased sauerie.
Exthimus.
Vnwrought sylke.
Diganum.
Calamint.
Borage.
Hartes tongue.
Quickbeme.
Maydenheare.
Withwynde.
Pulyall mountayne.
Hony.
Sugar.

¶ Melancholy for the thinnesse and subtilnesse of the humour, nedeth no digestiue.

¶ They whiche will take sharper purgacions, or compounde with diuerse thynges, let theim take the counsaile of an honest and p rfect phisicion, and not aduenture to myxte thynges togither, without knowyng the temperaunce of them

theim in degrees, and that he can proporcion theim to the bodie that shall receiue theim in symples, as they be written. And so he maie vse thē without peryll, against the humours, whervnto they serue.

Lettyng of bloud. Cap. 6.

The parte of euacuacion by lettyng of blud, is incision or cuttyng of the veine, whereby the bloud, whiche is cause of sickneſſe or griefe to the hole bodie, or any particuler part therof, weth most aptly passe. The commodites wherof, beyng in a modcrate quantitee, and in a due time taken, be these that folow, it clarifieth the witte, and maketh good memorie, it clenseth the bladder, it dryeth the brayne, it warmeth the marowe, beyng in the bones, it openeth the hearyng, it stopeth teares or droppynges of the eyen, it taketh awaie lothsomneſſe, and confirmeth the stomacke, it norisheth that, whiche is proper to nature, and the contrarie expelleth. It is thought, that thereby life is prolonged, and the mattier makyng sickneſſe shortely consumed. Wherfore lettyng of bloud is not onely expedient for theim, whiche are full of bloudde, or haue aboundaunce of strength, but also for theim, in whom without plenitude, called fulneſſe, inflammacions beginne to be in their bodies, or by some outwarde stroake, the bloudde beeyng gathered within, by collection thereof, doe feele gricke or disease. Also where there is muche payne felte,

Arnold. de villa noua.

Oribas. in medicinæ cōpendio.

or debilitee of some member, whereof is suppo-
sed to be ingēdred some greuous disease. More-
ouer they, whiche vse excesse of meates and
dronckes, maie be cured by lettyng of bloudde.
But those, whiche be temperate, kepyng good
diete, be holpen without lettyng of bloud: as by
frications, vsyng of bathes, exercise, walkyng,
and ridyng moderately. Also vnctions with
oyles and oynctementes, called Diaphoretice,
whiche by euapouracion, do shortly euacuate the
fulnesse. All be it, if the fulnesse be of melancoly
bloud, than alwaie needes must be lettyng of
bloud. Aboundaunce of melancholy bloud is
knowen by these signes. There is felt in the en-
trayles, or within the boulke of a man or wo-
man, a weightinesse with tension or thrustyng
outward, and all that parte, whiche is aboue
the nauell, is more heauy than it was woont to
be. Also muche vrine and fattie, the residence or
botome, thicke, troublous, and fatte, somtyme
black pouches or boyles, with inflamacion and
muche peyne. These must be shortly let bloud,
and the melācoly humour also purged by siege.
They, whiche haue crude or rawe humoures,
muste bee warely let bloud, before that sicke-
nesse ingender, but hauyng the feuer in no wise.
Aetius. lib. 3. Concernyng lettyng of bloud, these thynges
folowyng, would be had in continuall remem-
brance, and be afore thought on. In abundance
of the bloud, the qualitee and quantitee, the
greatnesse of the sicknesse, and if it be present,
or loked for, also the diet precedyng, the age and
strength of the person, the naturall fourme of

his

his bodie, the time of the yere, the region or coũtrey, the presẽt state of the ayre, the disuse of accustomed exercise, the ceassyng of euacuacions vsed before. In qualitee consider, of what humour the fulnesse procedeth. In quantitee the abundance of that, whiche is to be pourged. In sickenesse, if it be daungerous or tollerable: if the sickenesse be present, it requireth the more diligence, if it be loked for, it maie be the better proporcioned. In diete, the custome in eatyng and drinkyng, must be specially noted. In yong men and women, lettyng of bloud would be more liberall. In olde men and ponge chyldren, it would be scarser: strong men may susteine bledyng, they whiche are feble, may not endure it: Large bodies haue greater vesselles, than they, whiche be littell. Leane men haue more bloud, corporate men haue more flesche. The time of the yere must be specially marked. For in the beginnyng of spryng tyme it is best lettyng of bloud, as Oribasius saith, and so doth continue, after the opinion of Arnold, vnto the eight calendes of June. Aetius affirmeth, that in winter, or in a cold countrey, or where the person is of a very cold nature, the veines should not be opened. And Damascene saieth: They whiche in youth haue vsed to be muche let bloud, after they be thre score yeres olde, their nature waxeth cold, and naturall heat is in them suffocate, specially if they were of a colde complexion, but that is to be vnderstand, where they that are in helth, are often let bloud. For in the lapse from helth, and in diuers diseases, wherein the bloud is

Oriba. sup. Arnoldus. de villa noua de flobotho mia. Io. Damas. in ar. med.

corrupted, or where it ingendreth imposthumes, or reserueth to any place, where it ought not to be, or passeth by any other conduite, then nature hath ordeyned, or where it is furiouse or inflamed, or by any other meanes breedeth greuouse diseases, in all these cases it ought to be practesed, ye somtyme in aged persons, women with child, and yong infantes. For in extreme necessitee, it were better experience som remedie, than to doe nothyng. All other thynges concernyng this matter, pertaine to the part curatiue, whiche treateth of healyng of sickenesse, wherof I will not nowe speake, but remitte the reders to the counsayle of discrete phisicions.

Of scarifiyng, called boxyng or cuppyng. Cap. 7.

Galenus

For as muche as it is not conuenient, to be let bloud oftentymes in the yere, because much of the vital spirite passeth forth with the bloud, whiche wyng exhauste, the bodie wareth colde, and naturall operacions become the more feble, I therfore doe counsayle (saieth Galene) that the base partes of the body, as the legges, be scarified, whiche is the moste sure remedie, as well in conserwyng helth, as in reparyng thereof, beyng decayed. For it cureth the eyen beyng annoied with long distillacions. It profiteth also to the head, and ouer part of the body, against sondrie diseases. In what mēbre the bloud is gathered, the bodie beyng firste purged by scarification, the greke may be cured,

Aetius. liber. 3.

Also

Also Oribasi affirmeth the same, and also addeth therto, that it helpeth squynances, or quinces in the throte, and dissolueth the constipacions or stoppynges made of all places, if the places be scarified: not withstandyng application of boxes about the stomake, in hot fluxes, where reason is troubled, are to be eschued, for feare of suffocacion. Likewise put to the hed vndiscretely, it hurteth both the hed and the eies. The late authors do affirme, that scarifyng is in the stede of lettyng blud, where for age, debilitee, or time of the yere, or other lyke consideracion, a man maie not susteyne bloud lettyng, and it bryngeth foorth the thinne bloud, whiche is nexte to the skynne.

Oribasi in medicinæ cõpendio.

Aetius.

Of bloud suckers or leaches. Cap. 8.

There is also an other fourme of euacuacion by wormes, found in waters called bloud suckers or leaches, whiche beyng put vnto the body or mẽbre, do draw out blud. And their drawing is more conuenient for fulnesse of bloud, than scarifyng is, for as muche as thei fetch blud more deper, and is more of the substance of bloud, yet the opinion of some men is, that they doe drawe no bloud but that which is corrupted, and not prouocionable vnto our body. And therfore in greses, which happen betwene the skynne and the flesche of bloud corrupted, these are more conuenient thẽ scarifyng. But before that they be put vnto anie parte of the bodie, they muste be first kepte all one

Oribasi in medicinæ cõpendio.

one daie before, geuyng vnto them a littel bloud in freshe flesshe. And than put theim in cleane water, somewhat warme, and with a spounge wype awaie the flyme, whiche is about theim, and than laie a littell bloud on the place grieued, and put theim than to it, and laie on theim a spounge, that whan they be full, they maie fall away, or if ye will sooner haue them of, put a horsse heare betweene their mouthes, and the place, and drawe theim awaie, or put to their mouthes salt or asshes, or vyneger, and foorthwith they shall fall, and than washe the place with a spounge, and if there do issue much bloud, laie on the place the pouder of a spunge, and pitche bourned, or lynnen cloth burned, or gaulles burned, or the herbe called Bursa pastoris, bruised. And this suffyseth concernyng bloud suckers.

Of hemoroides or pyles. Cap. 9.

Hemoroides be veynes in the fundement, of whō do happen sondry passions, somtyme swellyng without bledyng, sōtyme superfluous bloud, by the puissaunce of nature, is by theim expelled, and than be they very conuenient, for by them a man shall escape many great sicknesses, whiche be ingendred of corrupted bloud, or of melancholy. Semblably, if thei be hastily stopped from the course, which they haue been vsed to, thereby do increase the saied sicknesses, whiche by theim were expelled, as dropsies, consumpcions, madnesse, fran-

sies

ſies, and diuers diſeaſes of the head, and other ſickeneſſes: paleneſſe of the viſage, grieſe in the raynes of the back, and thies. And if they flow to muche, there inſueth feblenes, leanneſſe of the bodie, alteracion of colour, great peynes in the lower partes of the bodie. And if the fluxe be vnmoderate, it ingendreth miſcheuous diſeaſes. Wherfore it would be diligently taken heede, that they runne in meaſure, or els to vſe ſome thynges moderately, whiche may reſtrain them.

¶ Concernyng other euacuacions, I do purpoſely omitte to write of them in this place, for as muche as in this realme, it hath been accompted not honeſt, to declare theim in the vulgare tongue, but onely ſecretely.

Of affectes of the mynde. Cap. 10.

The laſt of thynges called not naturall, is not the leaſt parte to be conſidered, the whiche is of affectes and paſſions of the mynde. For if they be immoderate, they doe not onely annoie the bodie and ſhorten the life, but alſo they do appaire, and ſomtime loſe vtterly a mans eſtimacion. And that much more is, they bryng a man frō the vſe of reaſon, and ſomtyme in the diſpleaſure of almightie God. Wherfore thei do not onely require the helpe of phyſicke corporall, but alſo the counſayle of a man wiſe and well lerned in moral philoſophy. Wherfore after that I haue recited, what they be, I wyll briefely declare ſuche counſayles, as I haue gathered. And as concernyng remedies

of

of phisicke, sayng a fewe symples, whiche doe comforte the heart and spirites, the residue I will remitte to the counsayle of physicions, like as I haue doone in euacuation. Affectes of the mynd wherby the body is anoied, and do bryng in sickenesse, be these, Ire or wrathe, heuinesse or sorowe, gladnesse, or reioicyng.

¶ Of Ire. Cap. ii.

IRe is kendled in the hert, inordinately chausing the spirites there, and than is sent forth into the membres, and doeth superfluously heate them, and disturbeth reason, where the bodies be hotte afore, where naturall heat is feble, the heate maie not be dispersed vnto the extreme partes, and than doeth the extreme membres, that is to saie, whiche are farre from the heart, remaine colde and tremblyng. Of this affection commeth somtyme feuers, somtyme apoplexies, or priuacion of senses, tremblyng, palseis, madnesse, frauntes, defourmitee of vysage: and that worse is, outragious swearyng, blasphemie, desire of vengeaunce, losse of charitee, amitee, credence, also forgetfulnesse of benefite preceedyng, and of obedience, duitie, and reuerence. There also doe succede, contencion, chargeable suite, vnquietnesse of mynde, lacke of appetite, lacke of slepe, feble digestion, scorne disdayne, and hatred of other, with peryll of losyng of al good reputacion. These incommodites of Ire, perfectly had in remembrance, and at the first motion thereof on theim thoughte

on

on, maie happen to bryng in his felowes, and thereby the flame maie be quenched, or let hym that is angrie, euen at the firste consider one of these thynges, that lyke as he is a man, so is also the other, with whom he is angrie, and therfore it is as leefull for the other to be angrie, as vnto him, and if he so be, than shall that anger be to hym displeasaunt, and stirre hym more to be angrie. Wherby it appeareth, that Ire is to hym lothsome. If the other be patient, than let hym abhorre that thyng in hym selfe, the lacke wherof, in the other contenteth him, and asswageth his malice. Moreouer, let hym before, that occasion of Ire dooeth happen, accustome hym selfe to behold and marke well them that be angrie, with the successe of that anger, and ruminate it in his mynde, a good space after. And in that tyme, let hym remember, how Christe, the sonne of God, and God, who (as he hym selfe saied) mought haue had of God his father, if he would haue asked theim, legions of aungelles, to haue defēded him, ye with lesse than a winke mought haue slayne all his aduersaries, yet he not withstandyng, rebuked, scorned, falsely accused, plucked hither and thither, strypped, bounden with halters, whipped, spitte on, bufeted, crowned with sherpe thorne, laded with a heuie piece of tymber, his owne propre tourment, haled, and driuen forth lyke a calfe to the slaughter howse, eftsones beaten and ouerthrowen, retched forth with ropes, armes and legges laied on the crosse, and therevnto with long yron nailes through the handes and fete nailed, with

many

many strokes of hammers, with many prickyn-
ges, or euer the nayles myght perce by his ten-
der and moste blessed flesshe and synewes, quite
through the harde tymber, vp to the heades of
the nayles. and al this beyng doen for thoffence
of mankynde, and not his: yet with the men,
whiche did it, his moste vnkynd countreymen,
his moste vnnaturall kynsemen, whom he firste
made of nothyng, preserued by myracles, deli-
uered from perylles, and cured of diseases, in
all his veracion and trouble, he was neuer seen
or perceiued angrie. If one will saie, that anger
is naturall, let him also consider that in Chri-
stes manhoode were all naturall powers. If he
will saie, that yre is token of courage, and in
Christ it lacked not, whom bothe aungels and
diuelles trembled and feared. The premisses of-
ten reuolued, and borne in the mynde, I wyll
not saie, shall vtterly extinct all motions of
wrathe, which is not possible, but it shall wha-
it kendleth lightly represse it, and let that it sha
not growe into flame. And in speakyng here of
wrathe, I do not meane that, whiche good men
haue against vices: or wise and discrete gouer-
noures and maisters, against the defaultes or
negligences of their subiectes or seruauntes, vs-
sed in rebukyng them, or moderately punishyng
them. For that is not properly yre, but rather
to be called displeasure, and is that whereof
God speaketh by his prophete Dauid, saiyng:
Be you angrie and doe not sinne. And that ma-
ner of anger hath been in diuers holy men, pro-
phetes and other. And it appeared in Christe,
wha

Psal. 4.
Gene. 31.
Exo. 32.
Leuit. 10.
Marc. 11.

whan he draue out thē, whiche made their mar-
ket in the holy temple of god, where there ought
to be nothyng but praier. And in likewise when
he rebuked the hypocrites. But if none of these
thynges may com so shortly to his remembrāce,
that is meeued with anger, at the least let hym
thinke on the lesson, that Appollodorus the phi-
losophier, taught to the Emperour Octauian,
that before he speake or do any thyng in anger,
he wreste in order, al the letters of the A.B.C.
and remoue somwhat out of the place that he is
in, and seke occasion to be otherwyse occupied.
This shall for this time suffise, for the remedies
of yre. And he that will know more of this mat-
ter, let hym read in my worke called the Gouer-
nour, where I therof do write more abundātly.

Of dolour or heuinesse of mynde. Cap. 12.

There is nothyng more enemie to life, then
sorow, called also heuinesse, for it exhau-
steth bothe naturall heate and moysture
of the body, and doth extenuate or make
the body leane, dulleth the witte, and darkneth
the spirites, letteth the vse and iudgement of
reason, and oppresseth memorie. And Salomon Pro. 17.
saith: That sorow drieth vp the bones. And al- and. 25.
so lyke as the mothe in the garmente, and the
woorme in the tree, so doth heuinesse annoie the
heart of a man. Also in the booke called Eccle- Eccle. 25
siasticus. Sorowe hath kylled many, and in it and. 38.
lyfe is found no commoditee. Also by heuinesse

death is hastened, it hydeth vertue or strength, and heauinesse of hert boweth down the necke. This is so puissaunt an ennemie to nature and bodily health, that to resist the malice and violence thereof, are required remedies, as well of the holsom counsailes found in holy scripture, and in the bookes of moral doctrine, As also of certayne herbes, fruictes, and spyces, hauyng the propertee to expell melancholike humours, and to comforte and keepe liuely the spirites, whiche haue their proper habitacion in the hert of man, and moderate nourishyng of the naturall heat and humour, called radicall, whiche is the base or foundacion, wherevpon the life of man standeth, and that failyng, life falleth in ruine, and the bodie is dissolued. Now first I wyll declare some remedies against sorowfulnesse of heart, concernyng necessarie counsayle.

¶ Somtyme this affecte happeneth of ingratitude, either where for benefite, or speciall loue employed, one receiueth damage, or is abandoned in his necessitee, or is deceiued of him, whom he trusted, or findeth hym, of whom he hath great expectacion, forgetfull or necligent in his commoditee, or percepueth the person, whom of long tyme he hath loued, to be estraunged from hym, or to haue one of later acquaintance in more estimacion. This affection nyppeth the hert, ye of moste wyse men, for they loue moste hertily, not prouoked by carnall affection, but rather by good opinion, ingendred by similitude of honest studies, and vertuous maners of long tyme mutually experienced. And it is not onely

vnto

vnto man greuous, but also vnto god most displeasaunt and odious, as it is aboundantly declared in scripture. Wherfore the person, which feleth hym selfe touched with this affect, before that it groweth into a passion, and waxeth a sickenesse, let hym call to remembrance these articles folowyng, or at the least waies some of them. For eueriche of theim maie ease hym, though perchaunce they can not forthwith perfectly cure hym.

¶ Consider, that the corruption of mans nature is not so muche declared in any thyng, as in ingratitude, wherby a man is made woorse, than diuers brute beastes. The lyttell ante or emote helpeth vp his felowe, whom he seeth ouerthrowen with burden, or by other occasion. Also whan olyphantes do passe ouer any great water, the greatest and moste puissant of them deuyde them selfes, and settyng the weakest in the middell parte, go before, tryng the depenesse and perilles, parte come after, succouryng the weakest or least, with their long noses, whan they see them in danger. The same beastes haue been seene not onely bryng men out of desertes, whiche haue lost their waies, but also renuyng the displeasures doen to theim, the whiche gaue them meate, as one that slewe hym, whiche had committed aduoutrie with his maisters wyfe. The terrible Lyons and Panthers, haue been seene in their maner, to render thankes to their benefactours, ye and to obiecte their owne bodies and lyues for their defence. The same we maie daily beholde in our owne dogges.

Counsayles against ingratitude Appian in varia historia.

Than in whom thou findest the detestable vice of Ingratitude, reputyng hym among the woorst sortes of creatures, thinke not that thou hast loste a freende, but thincke that thou arte deliuered from a monster of nature, that deuoured thy loue, and that thou art nowe at libertee, and hast wonne experience to chose thee a better. But if this maie not suffyse, than eftsoones consider, that if thou looke well on thy selfe, perchaunce thou maiest fynd the faute whereof thou complaynest, within thyne owne bosome. Call to thy remembraunce, if thou hast alwaie rendered vnto euerie manne condigne thankes or benefite, of whom thou hast kyndenesse receiued, or if thou hast alway remembred, euery one of thē, that haue don to the any commoditee or pleasure. Thou shalt well perceiue, that what thyng thou receiuedst in childehood, thou forgattest or diddest littell esteeme, whan thou cammest to the state of a man. And what thou diddest remember in youth, in age, thou diddest littell thincke on: thy nourices pappe, hir rockynges, watchynges, thou haste not alwaie remembred, or equally recompensed. Thy schole maisters studie, his labour, his diligence in a lyke degree, thou hast not requited. What greatter freendes hast thou had, of whom thou couldest receiue any greatter benefites, than thy nourishyng and preserupng of thy life, in thy moste feblenesse, thine erudicion, whereby thy nature was made more excellent. Remembryng this, leaue to be angry or sorowful for so cōmon a vice: yet if it ceasse not to greue thee, conferre

Sene. de benefi. 7

the

the ingratitude that doth vexe the, with that ingratitude, which was shewed by the Israelites, whom god chose for his owne people, deliuered from seruage, shewed for theim wonders, preserued them fortie yeres in deserte, destroied for them kynges, gaue to them the countrey, whiche flowed mylke and hony, defended them against all outward hostilitee, sent vnto theim suche abundaunce of riches, that syluer was in Hierusalem, as stones in the streete, had his tabernacle, and afterwarde his moste holie temple among theim, whiche he did daiely visite with his diuine maiestee, made their kinges to reigne gloriously, and spake with their Prophetes familiarely, and corrected their errours most gentilly: and yet for all this, they, imbracyng the paynyms Idolatrie, they left so gracious and louyng a lord, and liuyng God, and to his great despite, gaue diuine honors to calfes of brasse, and other monstruous Images, and at the last put to most cruell death, the only sonne of god, that had dooen so muche for them.

¶ And if we christen men doe loke well on our selues, reuoluyng the incomparable benefite, whiche we haue receiued by Christes passion, and consider the circumstaunce of his moste excellent pacience, and moste feruent loue toward vs, with our forgetfulnes, and the daily breache of our promesse, whiche we made at our baptisme, conferryng our mutuall vnkindnes thervnto, there shal appere no ingratitude, that shuld offend vs. Finally for a conclusion, beholde well about thee, and thou shalt all daie fynde

the children ingrate to their parentes, and wyues to their husbandes. And wyte thou looke that thy benefite, or vayne expectacion, should make the more free frō ingratitude of thy freend, whom chaunce hath sent the, than nature maie the parentes toward their children, or the coniunction of bodies by lefull mariage, take vnkyndnesse from the wyues toward the husbandes. This vyce therfore of ingratitude, beeyng so common a chaunce, make no worldly frendschip so precious, that lyfe or health therfore should be spent or consumed. I haue been the lenger in this place, because I haue had in this griefe sufficient experience.

Death of children. ¶ If death of children be cause of thy heauynesse, call to thy remembrance some children (of whom there is no littell noumbre) whose lyues eyther for vncorrigible vyces, or infortunate chaunces, haue been more greuous vnto their parentes, than the death of thy children ought to be vnto thee: conslderyng that death is the discharger of all griefes and mysteries, and to theim that dye well, the first entrie into lyfe eternallyng.

Losse of goodes. ¶ The losse of goodes or auctorite doe grieue none but fooles, which do not marke diligently, that lyke as neither the one nor the other doeth alwaie happen to theim that are worthy, so we haue in daicly experience, that they fall from hym sodeinly, who in increasyng or keepyng them seemeth moste busie.

Lacke of promotion ¶ Oftentymes the repulse from promotion is cause of discomforte. But than consider, whither

thee in the opinion of good men, thou art demed worthie to haue suche aduancement, or in thine owne expectacion and fantasie If good men so iudge the, thanke thou god of that felicitee, and laugh at the blindnesse of them, that so haue refused the. If it procede of thine owne folye, abhorre all arrogance, and inforce thy selfe to be aduanced in mens estimacion, before thou canst fynde thy selfe woorthie in thy proper opinion.

¶ All other chaunces of fortune, esteme as nothyng, and that long before they dooe happen. The ofte recordyng of myserie, prepareth the mynd to feele lesse aduersitee. And the contempt of fortune, is sure quietnesse, and moste perfite felicitee. Chaũces offortũe.

¶ This now shall suffise concernyng remedies of morall philosophie. Now will I write somwhat touchyng counsayle of physicke, as in relieuyng the bodie, which either by the said occasiõs, or by the humour of melancoly, is brought out of temper.

¶ The first counsaile is, that duryng the tyme of that passion, eschewe to be angrie, studiouse, or solitarie, and reioyce thee with melodie, or els be alwaie in suche compaignie, as best may content thee.

Auoyde all thynges that be noyouse in sight, smellyng and hearyng, and imbrace all thyng that is delectable.

Flee darkenesse, muche watche, and busines of mynde, muche compaignyng with women, the vse of thynges very hot and drie, often purgations, immoderate exercise, thyrst, muche abs-

stinence, drie wyndes and colde.

Abstein from daily eatyng of muche old bieke or olde mutton, hard cheese, harcs flesshe, boyes flesshe, venyson, saltefisshe, colewoortes, beanes, and peason, very course bread, great fisshes of the sea, as thurlepole, puppyse, and sturgeon, and other of lyke natures, wyne redde and thicke, meates beyng very salte or sowre, olde, burned, or fryed, garlyke, onyons, and leekes.

Use meates, whiche are temperately hot, and therwith somwhat moyste, boyled, rather than rosted, light of digestion, and ingendryng bloud clere and fyne. As mylke hotte from the vdder, or at the least new mylked, ruen chese, swete almondes, the yelkes of rere eggis, littel byrdes of the busshes, chickens, and hennes. Wyne white or claret, clere and fragrant. Swete sauours in wynter hot, in sommer colde, in the meane tyme temperate.

¶ Confortatiues of the hert hotte.

¶ Bourage the floure or leake.
Bugloss.
Baulme mynte.
Elicampane.
Cloues.
Cardamomum.
Rosemary.
Lignum alowes.
Muske.
Ambergrise.
Saffron.
The bone of the heart of a redde deere.
Pyntes.
The rynde of Citron.
Beene.
Bububes.
Basyll.

¶ Confortatiues of the hert colde.

¶ Violettes.
Perles.
Corall.

The vnicornes horne.
Old appulles whiche be good.
Roses.
Saunders.
The Olyphauntes toothe.
Water lylies.
Corryander prepared.
Confortatiues temperate.
Jacincte.
Saphire.
Emerauldes.
Myrabolanes, called kebuli.
Bugloſſe.
Golde, fyluer.

Of Joye.

IOye or gladneſſe of heart doth prolong the life, it fatteth the bodie that is leane with troubles, bityng the humours to an equall temperaunce, and drawyng naturall heate outwarde. But if it be ſodayne and feruent, it oftentymes ſleeth, for as muche as it draweth to ſodainly and exceſſiuely naturall heate outwarde. And therfore diuerſe men and women haue been ſeene to fall in a ſound, whan they haue ſodainly beholde the perſons, whom they feruently loued.

A woman in Rome, hearyng firſt, that hir ſonne was ſlayne in battayle. After whan he came to her, ſhe ſeeyng hym aliue, imbracyng eche other, ſhe dyed in his armes. This well conſidered, againſt ſuche inordinate gladneſſe, the beſt preſeruatiue is to remember, that the extreeme partes of mundaine ioye is ſorowe and heauineſſe: And that nothyng of this worlde, maie ſo muche reioyce vs: but occaſion maie cauſe it to be diſpleaſaunt vnto vs. T. Liuius

The dominion of sondrie complexcions. Cap. 13.

IT seemeth to me not inconuenient, that I doe declare as well the counsayles of auncient and approued authors, as also mine owne opinion, gathered by diligent markyng in daily experience, concernyng as well the necessarie diete of euery complexcion, age, and declinacion of health, as also the meane to resist the discrasies of the bodie, before sickenesse be therein confirmed, leauyng the residue vnto the substanciall lernyng and circumspect practise of good phisicions, whiche shall the more easily cure their pacientes, if their pacientes do not disdaine to beare awaie and followe my counsayle.

¶ And first it ought to be considered, that none of the iiii. cõplexcions haue soolely suche dominion in one man or womans body, that no part of any other complexcion is therwith mixt. For when we call a man sanguine, colerike, fleumatike or melancoly, we do not meane, that he hath bloud only without any of the other humours, or choler without bloud, or fleume withoute bloud or melancholie, or melancholy without bloud or choler. And therfore the man, whiche is sanguine, the more that he draweth into age, wherby naturall moysture decayeth, the more is he colerike, by reason that heate surmountyng moysture, needes must remaine heat and drithe. Semblablie the choleriche man, the more that he

he waxeth into age, the moze naturall heate in hym is abated, and dzithe surmountyng naturall moysture, he becommeth melancholike, but some sanguine man hath in the propozcion of temperaturcs, a greatter myxture with choler, than an other hath. Lykewise the cholericke oz fleumaticke man with the humour of sanguine oz melancholy. And therfoze late practisers of phisike are wont to call men, accozdyng to the myxture of their complexcions, as sanguine colerike, fleumatike sanguine. ꝛc. Moreouer, beside the naturall complexcions, whiche man receiueth in his generacion, the humours, wherof the same complexcions doe consist, beyng augmented superfluously in the body oz membzes by any of the said thynges called not naturall, euery of them doe semblably augment the complexcion, whiche is proper vnto hym, and bringeth vnequall temperature vnto the bodie. And foz these causes, the sanguine oz fleumatike man oz woman, feelyng any discrasie by choler hapned to theim by the saied thynges, called not Naturall, they shall vse the diete described hereafter to him, whiche is naturally cholerike. Semblable the cholerike oz melancholike man oz woman, hauyng any discrasie by fleume to vse the diete of hym whiche is naturallie fleumatike, alwaie remembzyng, that sanguine and fleumatike men haue moze respecte vnto dithe, cholerike and melancholie vnto moysture, and that alwaie as the accidentall complexcion decayeth, to reszte by littell and littell to the dyete, pertainyng to his naturall complexcion.

¶ The

The tymes appropried to euery naturall humour. Cap. 14.

BVt first it must be considered, that where the foure humours be alway in man, and in some man commonly one humour is more abundant than an other naturally, that is to saie, from his generacion. The saied humours haue also peculiare tymes assigned to euery one of them, wherin eche of them is in his moste power and force, as after insueth, after the description of Soranus.

Soranus Ephesi⁹.

¶ Fleume hath most puissance in winter, from the .viii. Idus of Nouember, vnto the .viii. Idus of Februarie, wherby ar ingendred Catarres or reumes, the vuula, the coughe, and the stitche. This humour is parte in the head, part in the stomacke. It hath dominion from the .iii. houre of nyght, vntyll the nynth houre of the same nyght.

¶ Bloud increaseth in springe tyme from the viii. Idus of Februarie, vnto the .viii. Idus of Maie, wherof are ingendred feuers, and swete humours, whiche do shortly putrifie, the power of this humour is about the hert, and hath dominion from the ninth houre of night, vntil the thirde houre of the morning.

¶ Redde choler hath power in Sommer from the .viii. Idus of may, vntill the .viii. Idus of August, wherby are ingendred hotte and sharpe feuers: this humour is specially in the liuer, and hath dominion from the third houre of day, vntill the .ix. houre of the same daie.

¶ Yelowe

¶ Yelowe choler, wherof is ingendred the fleme of the stomake, is norished in Autumne, whiche beginneth the. viii. Idus of Auguste, and dureth vnto the. viii. daie of Nouember, and maketh shakyng feuers and sharpe: the blacke choler that increaseth, and than foloweth thicknes of the bloud in the veines. Blacke choler or melancholy moste raineth in the splene, and it raineth from the. ix. houre of daie, vntill the third houre of nyght.

¶ Peculiar remedies against the distemperaunce of euery humour.

IF the distemperaunce be of bloud, helpe it with thynges colde, sharpe and drie, for bloud is moyste, hotte, and sweete. Soranus in arte medēdi.

If it be of redde choler, geue thynges colde, moyste, and sweete, for redde choler is bitter and fyrie. If it be of blacke choler, geue thynges hot moiste and swete, for blacke choler is sharpe and colde. If the disease be of salte fleume, geue thynges swete hotte and drie, thus saith Soranus. Notwithstandyng where there is aboundance of colde fleume not myxte with choler, there thynges very sharpe and hotte be moste conuenient, as tarte vyneger with hotte roses and sedes or wynes, strōg and rough honie beyng sodden in the one and the other, or where choler is myxte with fleume: syrope acetose made with vyneger and sugar boiled, somtyme with herbes, rootes, or seedes, whiche maie dissolue fleume and digest it.

¶ Diete

Diete of them, vvhiche are of sanguine complexcion. Cap. 15.

For as muche as in sanguine men bloud moste reigneth, whiche is soone corrupted, it shall be necessarie for them whiche are of that complexcion, to be circumspect in eatyng meat, that shortly will receiue putrifactiō, as the more part of fruites, specially not beyng perfectly ripe, also meates that be of yl iuice, as flesche of beastes to olde or to ponge, vddets of beastes, braines, except of capons and chickens, marowe of the backbone, much vse of onyons, leckes, garlyke, muche vse of olde eygges, muche vse of rawe herbes, and all thyng wherin is excesse of heate, colde, or moisture, meates that be stale, fisches of the fennes or muddy waters, and to muche slepe, as experience sheweth.

Diete of cholerike persons. Cap. 16.

To them whiche be colerike, beyng in their naturall temperature, and hauyng not from their youth vsed the cōtrary, grosse meates moderately taken, be more conuenient, than the meates that be fine, and better shall they digest a piece of good beefe, than a chickens legge. Choler of his propertee rather burnyng than well digestyng meates of lyght substaunce, not withstandyng some gentilmen whiche be nicely brought vp in their infancie, maie not so well sustayne that diete as poore men, beyng the more part vsed to grosse meates,

kes. wherfore their diet must be in a temperance, as yonge bicke, olde veale, murton, and venison powdred, yong geese, and such lyke, concernyng their complexcion with meates like therunto in qualitee and degree, accordyng to the counsaile of Hippocrates. And as he perceiueth choler to abounde, so to interlace meates whiche be cold in a moderate quātitee, and to alaie their wine more or lesse with water, eschewyng hotte spices, hotte wynes, and excessiue labour, wherby the bodie maie be muche chauffed. Also he maie eate oftener in the daie than any other: forseen, that there be suche distance betwene his meales as the meate before eaten be fully digested, whiche in some person is more, in some lesse, accordyng to the heate and strength of his stomacke, notyng alwaie, that the cholerike person digesteth more meate than his appetite desireth, the melancholike person desireth by false appetite more than his stomacke maie digest. And to a cholerike person it is right daungerous, to vse long abstinence: for choler, findyng nothyng in the stomacke to concocte, it fareth than, as where a littell potage or mylke, beyng in a vessell ouer a great fyre, it is bourned to the vessell, and vnsauerie fumes and vapours do issue out therof. Lykewise in a cholerike stomake, by abstinence, these inconueniences doe happen, humours adust, consumyng of natural moisture, fumositees and stinkyng vapours, ascendyng vp to the heade, whereof is engendred duskyng of the eyes, hed aches, hotte and thinne reumes after euery littell surfet, and manie other in-

con-

noyfull, whiche are very colde, viſcous or ſlyme, fatte or ſoone putrifted, eatyng muche and often, ſpecially meates ingendryng fleume, whiche be remembred in the table precedyng. All thynges be good, whiche are hotte and drie, alſo meates and drinckes whiche be lowe: onyons alſo, and garlyke moderatly vſed, be very commendable, in pure fleume not myxte with choler, muche vſyng of ſalte, ſpecially dryed. Pepper groſſe beaten, & eaten with meat, ought to be with all fleumatike perſons familiar, alſo gynger is right conuenient, but not to be ſo frequently vſed as pepper, for aſmuche as the nature of pepper is, that beyng eaten, it paſſeth through the bodie, heatyng and comfortyng the ſtomake, not entryng into the veynes, or anoyng the lyuer, whiche vertue is not in gynger. Gynger condite, the whiche we doe call greene gynger, ſpecially conded with ſugar, if it maie be gotten, and alſo Mirabolanes called kebuli condite in India, be moſt excellent remedies againſt fleume, alſo the herbes, whiche are remembred afore in the table of digeſtiues of fleme, and the rootes of perſely, fenell, yreos, Elycampane, and carrettes be very commendable. Exercile twiſe in a day, the ſtomakes bring almoſt emptie, ſo that ſweat beginne to appere, is very expedient, clenſyng of the bodie from all filthyneſſe, with rubbyng and wipyng, oftentymes with waſhyng, ſpecially the heade and partes there about, moderate ſweatyng in hot bathes or ſtuffes, be to this complexcion neceſſary, ſpecially whan they haue eaten and dronken exceſſiues

ceſſiuely. The head and feete to be kept from cold, and to dwell high and farre from mooꝛes and marſhes, is a rule right neceſſarie, alſo to abſtain from etyng herbes and rootes not boyled, and generally from all meates whiche will nót be eaſily digeſted.

¶ The diuiſion of melancoly, and the diet of perſons melancolyke. Cap. 18.

MElancoly is of two ſoꝛtes, thone is called natural, which is only cold and dꝛy, the other is called aduſte oꝛ burned. Naturall melancoly is (as Galene ſaith) the reſidence oꝛ dꝛegges of the bloud: and therfoꝛe is colder and thicker than the bloud. Melancholy aduſt is in foure kindes, either it is of naturall melancoly aduſt, oꝛ of the moꝛe pure part of the bloud aduſt, oꝛ of choler aduſt, oꝛ of ſalt fleume aduſt. But of al other, that melancoly is woꝛſt, whiche is ingendꝛed of choler, finally all aduſt melancoly annoieth the witte and iudgement of man. Foꝛ whan that humour is hette, it maketh men mad, and whan it is extinct, it maketh men fooles, foꝛgetfull and dull. The natural melancolie kept in his temperance, pꝛofiteth muche to true iudgement of the witte, but yet if it be to thicke, it darkeneth the ſpirites, maketh one tymoꝛous, and the witte dull: If it be myxte with fleume, it moꝛtifieth the bloud with to muche colde, wheꝛfoꝛe it maie not be ſo littell, that the bloud and ſpirites in their feruentneſſe, be as it were vnbꝛideled, wheꝛof doe happen vnſtableneſſe of witte, and ſliper remembꝛance, noꝛ yet ſo much, that by the weight theꝛof (foꝛ it is hea-

Ex Marcilio ficino de uita ſana

vse approchyng nigh to the earth) that we seme to be alwaie in slepe, and nede a spurre to pricke vs forward. Wherfore it is right expedient, to kepe that humour as thinne as nature will suffer it, and not to haue to muche of it. But now to the diete pertainyng to them, whom this humour annoyeth. The knowlage that melancoly reigneth, is oftentimes, heuinesse of mynde, or feare without cause, slepinesse in the membres, many crampes without repletion or emptines, sodein furie, sodein incontinencie of the toong, muche solicitude of light thynges, with plainesse of the vysage, and fearfull dreames of terrible visions, dreamyng of darkenesse, depe pittes, or death of frendes or acquaintance, and of all thyng that is blacke. The meates conuenient are they, whiche be temperately in heate, but specially they that be moiste meates soone digested, and they rather boyled than rosted, temperately myxte with spyces, mylke hotte from the vdder, or late mylked, is very conuenient for that complexion, swete almondes blanched, and almond mylke, the yelkes of rere egges, and finally all thynges, whiche ingender pure bloud, and all that is writtен in the chapter of age. All these be yll for them. Wine thicke or troublous, specially red wyne, meates hard, drie, very salte or sowre, burned meate, fried meate, much bicke, hares flesshe, beanes, roket, colewortes, musterd, radisshe, garlyke, except there be muche wynde in the bodie, for than is it very holsome, onyons, lekes, finally all thynges whiche heateth to muche, keeleth to muche, or drieth to muche, also wraths,

wrathe, feare, compassion, sorowe, muche studie or care, muche idelnesse or reste, all thyng that is greuous to see, to smell, or to heare, but moste specially darknesse. Moreouer muche dryyng of the bodie, either with long watche, or with muche care and tossyng of the mind, or with muche lecherie, or muche eatyng and drinkyng of thinges that be hot and drie, or immoderate euacuation, labour, abstinence, thirst, goyng in the ayre vntemperately hotte, colde, or drie, al these thinges do annoy them that be greued with any melancolie. It is to be diligently considered, that where melancolie happeneth of choler aduste, there meates whiche be hot in worckyng, would be wisely tempred, and drinkyng of hot wynes would be eschewed, semblable cautele would we in sauours. Not withstandyng moderate vse of small wynes, clere and well verdured, is herein very commendable, the humour thereby beyng clarified, and the spirites clensed, but the abuse or excesse therof, doeth as muche damage.
Also it is right expedient, to put into wyne or ale, a gadde of syluer or gold, glowyng hot out of the fyre, to temper hot meates with roses, violettes, saunders, rose water, borage, buglosse, baulme called in latine Melyssa, or the water of all thre drōken with good wine, white or claret, or made in a iulep with suger, is wonderful holsom, chewyng of lykorise, or raisōs of corance, is right expedient, but most of al other thynges, mirth, good cōpany, gladnes, moderate exercise, with moderate feding. And thus I leaue to speke of diets, aptly belongyng to the .iiii. cōplexions.

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THE FOVRTH BOOKE.

¶VVhat cruditee is, and remedies therfore. Cap. primo.



VVILL SOMe what wrīte of two discrasies of the bodie, which we happen by the excesse or lacke of thinges called not naturall, whereof I haue spoken before. The one is called cruditee, the other lassitude, whiche although thei be wordes made of latine, haupng none apt englische woord therfore, yet by the diffinicions and more ample declaracion of them, they shall be vnderstand sufficiently, and from henceforth vsed for englishe. But first it shall be necessarie to consider that concoction is an alteracion in the stomake of meates and drinckes, accordyng to their qualitees, whereby they are made lyke to the substance of the bodie. Crudite is a vicious concoction of thynges receiued, thei not bepng holely or perfectly altered. The cause therof is, sōtime the distemperature of the stomake, somtyme inflammacions, somtyme matter congeled, or imposthumes in the stomache, otherwhile ingurgitacion of meate and drinke: or for the vicious qualitee of the same meates or drinkes, or the receiuyng therof out of order, or lack of

Concoctiō what it is.

Crudite what it is.

The cause of cruditee.

of exercise, or of conuenient enacuacion. Galen saith, that in crudite or vicious concoction it must be considered, as well if the iuyce be vtterly corrupted, and may not be sufficiently concocte, as also if it be in the waie of concoction, for if it be corrupted, it must be expelled by sweat or vrine, if it be halfe concoct, than must suche thynges be ministred, as maie helpe to profite concoction, hauyng regard to the qualitee and temperaunce of the iuyce, that is to saie, whether it be thicke or thinne, fleumatike or cholerike: whiche shall be perceiued by the diete precedyng, and also by other thynges named not naturall. For fleumatike meates eaten in great quantitee or often, maketh fleumaticke iuyce. Likewyse doeth lacke of conuenient exercise, to muche rest or idelnesse, as cholerike meates and vehement labours dooe make cholerike iuyce in Sommer, and melancholyke iuyce in Autumne, specially where labours be continuall or long duryng. Also where labour is with muche sweate, there is the vrine more grosse: where it is without sweate, there is it thynner. Moreouer the colour and substance of the vrine declareth the temperance of the iuyce, whiche shall be hereafter declared in the table of vrines. Semblably the colour of the bodie declareth the iuyce that is in it, for beyng whyter than it was woont to be, it signifieth aboundaunce of fleume, beyng more pale or yelow, it betokeneth excesse of choler, if it be blacker, it signifieth melancoly, if the yll iuice be much in quantitee and the bloud littell, the yll iuice would be digested

and expelled with suche thynges as do serue for that temperature, but if the blud be muche, and the yll iuice littell in quantitee, there would the vaine be opened, and after sufficient bledyng, a conuenient purgacion geuen, hauyng regarde as well of the quantitee of the iuice, as of the kynd therof, in case that either for age or for tymorousnesse, a man will not be let bloud, than must he be pourged by siege in more abundance: But if he in whom is littell good bloudde, and muche yll iuyce, and feeleth a lassitude or wearinesse in all his bodie, he should neyther be let bloud, nor receiue purgacion, nor yet labour or walke muche: but abide in muche quiet, and alsaie to sleepe muche, and receiue suche meates drinkes and medicines, whiche doeth extenuate or make thinne, cutte, and digest grosse humors, without vehement heate, wherof it is written in the table of digestiues: in the number of whom is oxymell, beyng well made, or Acetosus simpler, where the iuyce is muche cholerike or melancolike. Semblably, capers with oyle and vi-
Galē. ſu. liber. 6. neger be praysed of Galene. When there appereth in the vrine a residence lighte and white, than wyne white or clarette moderately taken, helpeth to concoction, maketh a good iuice, and prouoketh vrine, than increase fricacions and exercise by littell and littell, and than let hym retourne to his naturall diete. In whom is abounddance of rawe iuice, and outwardly feleth a lassitude, to theim Galene counsaylleth, the second or thyrde daie to geue Weath, wherin Isope is boyled, and afterwarde to vomite.

The

The meane to escape crudities, is to be diligent in obseruacion of the councels before writtē, concernyng the thinges called not naturall, not muche vsyng meates that be very harde to concocte, also fatte meate, and meates long kepte, also corrupted or stinkyng, swete fruictes, and banketting dishes, hasty fedyng without good chewyng, also muche or very ofte drinckyng at meales, very muche heate, or very muche colde after meate.

¶ Furthermore it must be considered, that all thynges which bringeth greefe to the body, is ingendred either of to muche abundance of iuyce, or of the vicious qualitee therof: He that is sicke of abundance, the diet of hym wholly consisteth in reducyng the iuice to a conuenient quantitee. He that is grieued with the vicious qualitee of the iuyces, his order resteth in makyng the iuyces equall in temperature. Moreouer, where that whiche passeth out of the bodie, is lesse then that which is receiued into the bodie, there happeneth sickenesse, whiche commeth of aboundaunce. In the whiche case it ought to be diligently foreseen, that there be obserued a conuenient meane of meates and drinckes, in respecte of that whiche is expelled out of the bodie, whiche mate be doen if the quantitee of eche of them be wisely considered. And where abundance is, there the quantitee or qualitee, or both is tēpred. Alwaie remembee, that of crude iuyce be diuers kyndes, some be colde and fleumatike, some be hotte and cholerike, other be more thin and watrie, some of blake choler or melancolike. They

whiche do abound in any of them, muſt abſteyn from ſuche meates and drinkes, whiche doe ingender ſuche iuice as doeth annoie them: thoſe meates and drinkes be declared in tables precedyng. Aetius alſo would that he ſhould drinke a draught of cold water, affirmyng, that therby the ſtomacke beyng corroborate, driueth out of him downe into the bealy, that whiche cleaueth faſt to it. I my ſelf vſyng to drinke faſtyng, very ſmall biere or ale, whan I haue been in that caſe, haue founde eaſe by it. Paulus Aegineta willeth, that at the trginning, the legges and armes ſhuld be rubbed with a courſe linnen cloth, the legges downward to the feete, the armes to the toppes of the fingers, and whan thei be well chaufed, than to rubbe them againe with ſome oyle, that doeth open the pores, and diſcuſſe the vapors, as oyle of camomill, oyle of anete, and other lyke he praiſeth muche. Vulſe, or the water of hony, ſpecially if ſome Iſope be boyled in it. Galen, and al other do agre, that in this caſe pepper bruiſed and eaten with meat, is very expedient: And where there is muche wynd in the ſtomake, than to eate all tymes of the day of the medicine made of the thre kindes of pepper, time, anile ſede, and hony clarified, whiche is called diatrion pipercon, or that whiche is called diaſpoliticon, or diapiganon, whiche is made of cummine ſtieped one daie and a night, or lenger in tart vineger, and after fried or laid on a burnyng hotſtone, and made in powder, alſo pepper and rue dried ſomwhat, and made into poulder, all in equall porcions, and myxt with clarified hony,

Aetius ſermone. 9.

hony, Galen addeth therto salt peter, called in latine Nierum. The confection made with the iuice of quinces, and is called Diacytoniten, is very excellent. But it is to be diligently noted, that where crudite is in a cholerike persō, there would the said medicines be temperately vsed, and the saied diacitoniten, to haue littell or no spices in it. And for my part, beyng of a colerike humour mixt with fleume, many yeres continually in cruditee, I neuer found any thing better then fine Reubarbe chewed with raisons of corens, whiche I toke by the counsaile of the worshipfull and well lerned phisicion, maister doctour Augustine, who in his maners declareth the gentilnesse of his ancient bloud, whiche medicine I do not leaue to vse daily fastyng, when I fele some cruditie to beginne. Also syrope acetose, that is to saie, sugar sodden in pure vyneger, and littell water, vntill it be thicke as a syrope, is somtyme conuenient, and that as well to cholerike persons, as vnto fleumatike: and if fleume be aboundaunt, than with rootes and seedes of fenell and persely sodden with it. Also in that case Orymell, that is to saie, honie and water sodden together, with the saied rootes and seedes, and a quantitee of vyneger put therto in the boilyng, is very commendable. If the pacient be very costiue, than the medicine of Galene, called Hierapicra, from halfe an ounce to an ounce, taken in water of hony or ale, or taken in pylles the weight of a grote, and a halfe, or two grotes, if the stuffe be good, will pourge the bodie sufficiently, without makyng

the bodie weaker. Also that medicine by clensyng the stomacke and bodie, deliuereth a man and woman, from many perillous sickenesses. If the humors in the stomake be not putrified, but that it is greeued with abundaunce of salt fleume, I haue found, that mylke new mylked, wherein is put a quantitee of good hony or sugar, and three leaues of good speare myntes, and a littell boyled, so beyng dronke warme fastyng, the quantitee of a pynte, and restyng on it, without eatyng or drinkyng any other thyng the space of thre houres after, haue abundantly pourged and comforted the stomake, but where there is no fleume, but onely choler, it is not so holsome, but rather hurteth, makyng fumositees in the head, whereof commeth head ache.

Of distillacions called commonly reumes, and of some remedies agaynst them right necessary. ca. 2

For as much as at this present tyme in this realme of Englande, there is not any one more annoyaunce to the helth of mans bodie, than distillacions from the head called reumes, I will not let to write somwhat of them, whereby men maie take benefite if they wyll, although some phisicions, more considerying their market, than their duitee to god and their countrcie, wyll be neuer so muche offended with mine honest enterprise.

¶ Distillacion is a droppyng downe of a lyquide matter out of the head, and fallyng either into

into the mouthe, or into the nosethyrles, or into the eies, and somtime into the chekes and eares: that whiche falleth into the mouthe, is receiued of the throte into that part, which is the instrument of the voyce, whiche at the firste maketh hoarsenesse, and in processe of tyme maketh the voyce littell, and vnneth to be heard And if the reume be sharpe, it raseth the inner skinne of the throte, and somtime it doeth exulcerate the lunges. If it doeth fall into the stomake, the reume beyng cold, it alytreth the bodie into a colde distemperance, if it be hot, it maketh a hot distemperature, and doeth somtyme exulcerate in processe of tyme: And at the beginnyng abateth appetite, and maketh feeble concoction. The colde reume, maketh concoction slow, and also crudi-tee, and ingendreth sowre fumes in the mouth. If it be corrupted, it tourneth also norischement vnto corruption, whiche maketh vpb aidynges fumische or sharpe, or of some yll qualitee, which can not be expressed. If the matter wo discend lower, it tormenteth the guttes called ieiunum and colon, and toucheth other vessels, from whence procedeth digestion. In this distraste.ii. thinges are to be prouided for, first to let that the reume doe not distyll into the said places, or if it hath dooen, that it be shortely expelled from thence. First to let that it shall not distyl, it shall be necessarie to eat some meate the sooner in the morynyng, if there hath not preceded repletion.

Where the temperature of all the bodie is colerike, & the stomake is weake, the stomake wold be made strong with suche thynges as of their

propertee doo comfort the stomacke, forseene that they be moderately colde and moyste: And that whiche is alreadie fallen into the stomake, must be expelled with vomite or siege, prouoked with wormewood stieped all one daie and a night in a littell small white wyne, or small ale and stale, whiche hath vertue onely to wype away the fylth from the stomake, but if it be sucked deepe into the fylthes of the stomacke, than is it better to take the medicine called Hierapicra, either: pouder with drinke warmed, orels in pylles, to the numbre of. v. or mo in the morning. vi. houres before any other meat or drinke taken, afterward to noynte the mouthe of the stomacke with oyle of Mastike or Nardinum temperately warme. Alwaie if a hot reume doe fall into a hotte stomake, then meates and drinkes whiche be colde in vertue would onely be vsed, where the stomacke is distempered with heate, and the reume distilleth into a cold head, there is the discrasie hard to be cured: And they whiche be so affect or diseased, must take suche thynges as maie dissolue the fleume, and clense the stomacke without heatyng thereof, of the whiche vertue we knowe Orimell to be of.

¶ If the stomacke and head be bothe distempered with colde, than must be vsed meates drinkes and oynctementes, whiche onely be hotte, and vtterly to forbeare all that is colde.

¶ By these distillacions or reumes happeneth many other greuous diseases, besides those wherof I haue spoken, as in the head whirlynges, called in latine Vertigines, sodeine soundynges,

dynges, fallyng sickneſſe, wlces, ſtinkyng of the noſe, called Polipus, ſozes in the mouth, tooth ache, pinne and web in the eies, dulneſſe of he-ryng, quinces, frettyng of the bowels, with flix-es, ſhoztnes of bzeath, gricke in the hert, palſeis, ache in the muſcules and ioynctes, wherfoze it is not to be neglected. And J do much meruail, that our phiſicions do not moze ſtudiouſly pzo-uide therfoze remedies. J my ſelfe was by the ſpace of foure yeres continually in this diſcra-ſie, and was counſailed by diuers phiſicions to keepe my head warme, and to vſe Diatrion pipcrion, and ſuche other hotte thynges as J haue reherſed: at the laſt feelyng my ſelf very fe-ble, and lackyng appetite and ſlepe, as J hap-ned to read the boke of Galen, de temperamen-tis, whiche treateth De inequali temperatura, and afterward the. vi. boke, De tuenda ſanita-te, J perceiued that J had been long in an er-rour. wherfoze firſte J did thzowe awaie my quilted cappe, and my other cloſe bonettes, and onely did lye in a thinne coyfe, whiche J haue e-uer ſens vſed bothe wynter and ſommer, and ware a lyght bonet of veluet onely, than made J oxymell after the doctrine of Galene, ſauyng that J boyled in the vyneger rootes of perſely and fenell, with endiue, cykozie, and betayne, and after that J had taken it thzee daies conti-nually, euery daie thzee ſpones full in the moz-nyng warme: than toke J of the ſame oxymell, wherin J had infuſed oz ſtieped one dzamme of Agarike, and half a dzamme of fine Reubarbe, the ſpace of, iii, daies and, iii, nyghtes, whiche J re-

receiued in the morning, eatyng no meate fyue howres after, and that but a litteil brothe of a boyled henne, wherof insued eight stooles abundant of choler and fleume: soone after I slepte soundely, and had good appetite to eate. after supper I would either eate a fewe colyander sedes prepared, or swalowe downe a litteil fyne mastix, and forbare wyne, and dranke only ale, and that but litteil and stale, and also warmed. And somtyme in the morning wold take a parfume of Storax calamita, and nowe and than I would put into my nosethrylis eyther a leafe of grene laurell, or vtain, or water of maieram bruised, whiche caused the humour to distyll by my nosethrylles. And if I lacked storax, I toke for a parfume the ryndes of olde rosemary and burned them, and held my mouth ouer the fume cloasyng mine eyes: afterward to comfort my stomake and make it strong, somtime I would eate with my meate a litteil white pepper grosse bruised, somtyme Galens electuarie made of the iuyce of quynces, called Diacydonites, somtyme marmalade of quinces, or a quince rosted. And by this diete, I thanke almightitie god, vnto whom onely be geuen all glorie, I was reduced into a better state in my stomake and hed, than I was .xvi. yeres before, as it male appere vnto them, whiche haue long knowen me.

¶ And this haue I not written for vaineglory or of presumpcion, but to the intente that they whiche haue their bodies in lyke temperature as mine was, that is to saie, beyng cholerike of complexion, and hauyng reumes fallyng out of

a hotte

a hotte head, maie if they list assaie mine experi=
ence, or in the steede of my saied infusion, take
Hierapicra, with ale or water to pourge them,
wherof shall not insue so muche peryll, as of
corrupted syropes, and other confections cal=
led Magistraies, made with olde rotten drug=
ges, though the physicions be neuer so well ler=
ned. In bodies of other temperature, I would
not that mine experience shold be practised but
with discrecion, temperyng the medicine, as the
qualitees of the stomake and heade do require,
remembryng alwaie, that hot reumes be thinne
and subtill, colde reumes be for the more parte
thicke. Also that they whiche be thinne, would
be made thicke, that they perce not so fast. And
that they which be thicke, wold be made thinne,
that they may the soner be purged. Finally this
dare I affirme, that the reumes, whiche of late
time haue bern more frequent in this realm, then
they were wont to be. xl. yeres passed, haue hap=
ned of none occasion more than of banketting
after supper, and drinking muche, specially wine
a littel afore slepe. In other thyng is the keping
the head to hotte or to long couered, wherby the
braine, whiche is naturally colde, is distempred
with hot vapors ascendyng from the stomake,
those same vapours beyng let to euaporate or
passe forth out of the head, and therfore be con=
crete or gathered into humour superfluo⁹, whi=
che stilleth downe eftsones out of the head into
the places before rehersed. Yet now a daies if a
boy of. vii. yeres age, or a yong man of. xx. yeres,
haue not, ii, cappes on his hed, he and his freen=

des

des wyll thincke that he male not continue in health. And yet if the inner cappe be not of velu-uet or sattyne, a seruyng man feareth to loose his credence. A person vycar or parish preest, by vsyng their veluet cappes embroudred with laces, doe make some men thinke that they be ashamed of their crownes, that reuerende token of the order of priesthoode, the whiche notable abuse, I muche meruaile that the bishops wyll suffer, specially thei whiche haue had leysure to reade the woorkes of sainct Cipriane, saincte Hierome, Chrisostomus, sainct Ambrose, and sundrie decrees made by the olde fathers, concernyng the honest vesture of priestes, which although it seeme a light matter to some men, yet it augmenteth or minisheth not a littell in priestes, the estimacion of their condicions. Salomon confirming the same, saiyng: The garmēt, the gate, and laughter of a man declareth what he is. But this matter will I leaue to an other place, where I intend to speke more abundantly of it, if it be not the sooner amended. Nowe to conclude, as long as the said occasions continewe, so long men shall not be without reumes, although they were all perfect phisicions.

By vvhat tokens one may knovve vvhether the stomake and head be hotte or colde.

NOw to retourne to the remedies against the saied annoyance, wherof hapneth so many great sicknesses, I will be bolde to

wryte

wrote a littell out of the workes of the most famouse and expert phisicions. First the cause of the reume must be digested, after expulsed, thirdly diverted, that is to say, tourned from the eien or throte, into the nose, from whense it maie be more easily pourged. Fourthly it maie be stopped, that it shall not distyll. In hotte distillacions the head is very hotte in feelyng, the reume beyng in the mouthe is thinne and warme, the tongue or cheekes within blistered, the face somtyme redder than it is accustomed to be, somtyme a burnyng within the nose. To them whiche haue this hotte reume, maie be geuen the sede of white popy. Diacodion made of the heades of white popy and raine water. Amylum with mylke, if there be no feuer, penidees, malowes, orage, gourdes, and spynage, boyled and eaten with oyle of almondes, syrope of violettes, nemipher, or the wine of swete pomegranates, the water of a great cucumber, boyled with a littell sugar, beyng dronke, doeth mitigate choler, stoppeth the reume, and easily looseth the bealy, the seedes of mylons braied in a morter with water, and strayned with soft bread, hauyng sugar put to it, maketh an excellent good meat against the hotte reumes, plaisters made of barley bruised, violettes, popy, and camomyll boiled in water, wherin spounges or linnen cloathes beyng dept, should be layed on the head, and the genitories or legges therewith washed. If the sicke man can not sleepe, than the saied partes with the bealy and foundement shall be voincted with the oyles of violettes and Nemi-

phar, the sauour of camphar in rose water with violettes is good in that case. Galene exhorteth and I haue proued, that in a very hotte reume, whiche hath stylled faste, the pouryng of colde water vpon ones heade hath stinted the reume. He that is therein diseased must eschewe goeyng in the sunne, or to come nigh a great fyre, or to stande or be long couered, or to weare muche on his head, he muste rest muche, and prouoke hym selfe to slepe a nyght, but not very long, and to lye on the one syde on a hard bedde, hauyng his head high, also rubbyng of his legges before meale is very holsome. Colde reumes be perceiued by coldnesse of the humour and head with paleneſſe of the vysage, all colde thynges increasyng the reume. These thynges are good against it, the decoction of cicer with honie and raysons, kylberd nuttes tosted eaten after meales, nothyng is more holsome then abstinence, specially in the euenyng, they whiche haue it, muste beware of Northern wyndes, the moonesshyne by nighte, washyng in colde water, and to be long bareheadded. The sedes of Nigella a littell tosted and put into a piece of thinne sarcenet and smelled vnto, stoppeth the reumes.

¶ Neesyng in the beginnyng of the reume is dispraised of Galen, but after that the matter is digested, it is very holsome: that maie be made with leaues of laurell or lytein put into the nose with pis, the iuice of colewortes, the rootes of red beetes, water of Maioram. A prety medicine for that purpose proued. The iuyce of yong beetes

and

and Maioram of euerichе one ounce, good white wyne eight ounces, saffron the weyght of two pence, that beyng hette and taken in the mouthe, shall be drawen vp with breath to the place, whereby the distillacion falleth out of the nose into the mouthe. And if the reume doe distyll into the cheekes and teeth, I haue proued, that the iuyce of ground Iuie, and that herbe whiche we call Mouse eare, taken within a quyll into the nosethyrles, oftentymes purgeth exceedingly the reume, and taketh away the ache of the teeth.

¶ Gargarisyng, if it be not discretely vsed, may do more harm than good, bryng doune muche abundance of matter vndigested, but taken in order with water, hony, and pepper, or with Isope and figges boiled in white wyne, and taken very hot in a gargarise is right conuenient.

¶ For compassion whiche I haue of them that be vexed with toothe ache caused of reumes, I wyll by the leaue of physicions conclude this chapter with an excellent medicine against the saied passion, whiche is writteu of an honourable physicion of late yeres, whiche medicine also maketh teeth faste whiche be loose, and also stoppeth the superfluouse bleedyng of gummes, wherewith the breath is made vnsaueric. Take the ryndes of Caper rootes, the rootes of brembles, whiche dooe beare blacke bearies, the flowers of pomegranates called Balaustia, of euery of them, the weight of two ducates, pelytorie of Spayne one ducate, seede of white henbane, the ryndes of mandrage, of euerie of

theim one durate and a halfe, spourge of the gardeine one handfull, alume of the rocke two ducates, boyle all this in white wyne or clarette, whiche is very rough in taste, and straine it, therewith let the pacient oftentymes wasche his mouthe. Albeit I will counsayle theim, whiche wyll take this medicine or any other, firste to pourge the cause of the reume, as before is rehearsed, or in any other wyse, as they shall be counsayled by well learned and discrete physicions.

¶ Of lassitude. Cap. 3.

LAssitude is a disposicion toward sickncs, wherein a man feeleth a sorenesse, a swelyng or an inflamacion. Sorenesse happeneth of humours sharpe and gnawyng, as after great exercise and labours, whiche lassitude hapneth to them, whose bodies are full of superfluite and excrementes. Also after cruditee in them whiche are not exercised, or do abide long in the heate of the sunne. It maie also be in the bodie, wherein is good iuice, if he be fatigate with immoderate exercise. In them, whiche doe feele this lassitude, the skyn appereth thicke and rough, and there is felt a grieke somtyme in the skinne onely, sometyme also in the flesche, as it were of a sore. The cure therof, is by much and pleasant rubbyng with swete oyles, whiche haue not the vertue to restraine or close, & that with many handes, and afterward to exercise moderately, and to be bayned in water swete and tempe-

Aetius. lib. 3.

Galē. de tuenda sanitate. lib. 3.

temperate in heat, also than must be geuen meates of good iuyce, potage but seeld, wine is not to be forboden, for vnto wine vneth any thyng may be compared, that so well digesteth crude humours: it also prouoketh sweate and vrine, and maketh one to sleepe soundly. But if this lassitude do abide the night and daie folowyng, or wareth more and more, than if the pacient be of good strēgth and yong, and hath abundance of bloud, let him be let bloud, or prouoke the hemorroides or piles to blede, if they do appere. But if it procede of the malice of any humour, without abundaunce of bloud, than resorte to purgacions, apt for the humour that greeueth. The tokens wherof shall appere aswel by the colour of the skynne and diete precedyng, as by vrine, ordure, sweate, thyrst, and appetite, as it is rehersed before in the complexions. If the yll blud be littell in quantitee, and the crude humours abundant, than shall he not be let bloud, nor vehemently purged, neither shall exercise or moue him self, nor be bayned. For all exercise carieth humours throughout all the body, and stoppeth the powers. Wherfore these maner of persons should be kept in reste, and suche meates drinckes and medicines shold be geuen to them, whiche should attenuate or dissolue the grosnesse of the humors, without notable heate, as oxymell, barley water, and mulse, if the pacient abhorre not honye. And for as muche as in the said persons commonly there is aboundance of wynde about their stomakes, therfore pepper, specially long pepper, or white, is very conuenient to be

bled, and the medicine before written, called diaspoliticum. When the humours are dissolued, than is it good to drinke white wyne, or smalle claret wyne moderately.

Lassitude extensiue. Cap. 4.

When one thinketh that he doeth feele a swellyng or bollyng of the bodie, where in dede there doeth not appere in sight or toucheyng any swellyng, that is called lassitude extensiue, it it hapneth without exercise or vehement mouyng. This weth happen of excessiue multitude of humours, whiche doe extend the muscules or fyllettes. In this no sorenesse is felt, but onely an heuinesse with extencion or thrustyng out of the bodie. And because that there is abundance of bloud in the bodie, best remedie is to be letten bloud about the elbowe or ancle, after to be pourged, than to vse soft fricasies with oyles afore rehearsed, afterward muche rest and temperate bathes, and meates lackyng sharpenesse, and beyng abstersiue.

Lassitude vvith the felyng of inflammacion. Cap. 5.

If without any mouyng, the muscules and flesh rise vp in the bodie, as it swelled, with great peynes and exceadyng heate, than soone after foloweth moste hotteste feuers, except it be preuented by lettyng of

of bloud and that in abundante, and almost to sownyng, but it were more sure to be let bloud twise in one daie, the firste tyme without sownyng, at the next tyme sownyng is not to be feared. If the griefe be in the necke or head, the bloud must be let of the veyne called Cephalea, or the shoulder veine. If it be in the bulke or vppermoste part of the bodie, than must the veyne be cutte, whiche is called Basilica, or the innermoste veyne. If all the bodie be greeued, than cut the veyne whiche is named Mediana, or the middell veyne. If a feuer remaine after bloud lettyng, than order hym with the diette of them that haue feuers, whiche ye shall fynde written hereafter. If no feuer remaine, than vse moderate fricasies, and litle eatyng, and that of meates hauyng good iuyce, increasyng by littell and littell to the naturall diete.

Diete of them that are ready to fall into sickneſſe. Cap. 6.

NOw to returne eftsones to speake of diet it is to be remembred, that thei, which are redy to fal into diseases, thei are prepared therunto, either by replecion of superfluous humours, or els by crudities or malice of humours which are in them. As touching the first, the generall diete must be suche, as thereby the humours maie be attenuate, and by conuenient euacuacion, brought to a moderate quantitee. As for the seconde must be corrected with meates and drinkes of contrarie qualitees, hauyng

alwaie respect to the age of the person, tyme of the yere, place of habitacion, and moste specially the vniuersall complexion: for choler offendyng in an olde manne, in winter tyme in a colde countreie, or the person beyng of his naturall complexion, fleumatike or melancholie, would not be so abundantly expulsed or subdewed, as if it be in one young and lustie, in the hotte sommer, in the countreis, where the sunne feruently burneth, or the person of his proper nature is very cholerike. And in likewyse contrarie. Wherfore euerie man, knowyng his own naturall complexion, with the qualitee of the humour that offendeth, let hym make temperaunce his chiefe coke, and remembryng that whiche I haue before declared, ordayne to him selfe suche diete, as maie reskourme the offence with none or littell annoiance to his vniuersall complexion And if he can so do, he shal happily escape, not onely diuers sicknesses, but also the most pernicious danger, procedyng of corrupted drugges or spyces, whereof some couetous potycaries do make medicines, maugre the heades of good and well lerned physicions.

Sickneſſe moſt common to particuler times of the yere and ages. Cap. 7.

Although I do not intend to write of the cure of egritudes or sicknesses cõfirmed as wel because it might be reputed in me a great presumpcion, as also for as muche as it were very perillous, to diuulgate that noble

noble scyence, to common people not lerned in liberall sciences and phylosophie, whiche be required to be sufficiently in a Physicion. And moreouer, many bookes of Hippocrates and Galene ought to be radde, before that one dooe take vpon hym the generall cure of mennes bodies: yet not withstandyng, I truste I maie without any note of arrogãce write, what diseases we most commonly happen in sundrie tymes of the yere and ages of men and women, with some significacions, wherby the discrasie or distemperature of the bodie is perceiued, to the intent that the phisicion tryng farre of, may be truely informed, considerynge that vrines far caried, do often deceiue them, and likewyse lack of the sighte of the pacient, and inquisicion of thynges, whiche do precede or folowe the sickenesse. And with this I truste none honest and charitable physicion wyll be offended, but rather geue to me thankes for my diligence, in the aduaunceyng of their estimacion, which by lacke of perfect instruction hath been appayred.

Sicknesses of spryng tyme.

¶ Diseases procedyng of melancholy. as madnesse, fallyng sickenesse, bleedynges, quynces, poses, hoarsenesse, cowghes, leprys, scabbes, ache in the ioynctes.

¶ Sicknesses of sommer.

¶ Many of the saied diseases, also feuers con-

tinual, hotte feuers, feuers terciane, quartains, vomytes, flyxes, wateryng of eyes, peynes of the eares, blysters and soares of the mouth and sweattynges.

¶ Sicknesses of Autumne.

¶ Diuers of sommer sicknesses, also oppilacions of the splene, dropsies, consumpcions, strangulsons, costiuenesse, ache in the huckle bones, shortnesse of wynde, frettyng of the bowelles, fallyng sickenesse, and melancolike diseases.

¶ Sicknesses of wynter.

¶ Stitches and grickes in the sides, inflamacion of the lunges, reumes, coughes, peynes in the brest, sides, and loynes, head ache, and palsies.

¶ Sicknesses happnyng to childzen.

¶ Whan they be newe borne, there do happen to them soxes of the mouth called Aphte, vomityng, coughes, watchyng, fearefulnesse, inflamacions of the nauell, moysture of the eares.
¶ Whan they brede teeth, itchyng of the gummes, feuers, crampes, and laskes.
¶ Whan they ware elder, than be they greued with kernels, openesse of the mould of the hed, shortenesse of wynde, the stoane of the bladder, wormes of the bealy, waters, swellynges vnder the chinne, and in England commonly purpilles, measels, and small pockes.

¶ Sicke-

¶ Sickneſſe happyng to yong men from. xiiii. yeres of age.

¶ Feuers cotidiane, terciane, quarteyne, hotte feuers, ſpittyng or vometyng of bloud, pleureſies, diſeaſes of the ſydes, inflammacion of the lunges, lethargies, franſie, hot ſickneſſes, cholerike paſſiõs, coſtiueneſſe of vehement laſkes.

¶ Sickneſſes of age.

¶ Difficultee of breath, reumes with coughes, ſtrangulion, and difficultee in piſſyng, ache in the ioyntes, diſeaſes of the raynes, ſwimmynges in the head, paſſeies, itchyng of all the bodie, lacke of ſleepe, moyſture in the eyes and eares, dulneſſe of ſyght, hardneſſe of hearyng, tiſickneſſe, or ſhortneſſe of breath.

¶ Although many of the ſaied ſickneſſes dooe happen in euery tyme and age: yet becauſe they be moſte frequent in the ſaid tymes and ages, I haue written them, to thentent that in the ages and tymes moſt inclined vnto them, ſuche thinges mought be than eſchewed, whiche are apte to ingender the ſaid diſeaſes.

The generall ſignificacions and tokens of ſickneſſe. Cap. 8.

IF the bodie be hotter, colder, moyſter, drier, leaner, fuller, the colour more pale or ſwarte, the eyes more holow than is accuſtomed to be, it ſignifieth that the body is diſpoſed to ſickneſſe, or already ſicke.

The

The braine sicke.
- Rauyng.
- Forgetfulnesse.
- Fantasie.
- Humours commyng from the rouke of the mouthe, the eyes, the nose, or the eares.
- Watche.
- Sleepe.

The heart sicke.
- Difficultee of breath.
- Tremblyng of the hert.
- Beatyng of the pulse.
- Feuers.
- Colde.
- Diuersitee of colours.
- Griefe aboute the hert.

The lyuer sicke.
- Lacke or abundaunce of humours.
- The fourme of the bodie altered.
- Paleneſſe.
- Concoction.
- Digeſtion.
- Alteracion of excrementes accuſtomed.
- Peyne in the place of the lyuer.
- Swellyng.
- Difficultee of breath.

The stomake licke.
- Concoction slows or quycke.
- Appetite of moyst or dry, dull or quycke.
- Separacion of excrementes moist or hard with theyr colours.
- Yexyng.
- Belkyng.
- Uomityng with peyne and difficultee of breth.
- Urine much or litel with the colour and substāce to redde or to paale, to thicke or to thinne.

The breast licke.
- Difficultie of breth.
- Cowgh.
- Spittyng.
- Peyne in the breast.

¶ This haue I written, not to geue iudgment therby, but only for the pacient to haue in a redines, to thintent that what so euer he feleth or perceyueth in euery of the saied thynges, therof to instruct his phisicion, wherunto he maie adapt his counsaile and remedies.

¶ Of urines. Ca. 9

FOrasmuch as now a daies the most cōmon iudgement in sickenes is by urines, which beyng far caried or much meued or stāding

longe

longe after that it is made, the fourme therof is so altred, that the phisicio shal not perfitly perceiue the natural colour, nor cõtentes, although it be neuer so well chafed at the fire, as Actuarius and other great lerned men do affirme. I wil therfore somwhat speake of vrines, not so muche as a phisicion knoweth, but as much as is necessary to euery man, for to perceyue the place and cause of his griefe, whereby he may the better instruct the phisicion.

¶ Fyrst in vrine, foure thynges are to be considered, that is to say, the substaunce, the colour, the regions or partes of the vryne, and the contentes or thynges therin conteined.

¶ Also forasmuche as in the body of man bee foure qualities, heate, colde, moysture, and dryeth, two of theim, heate, and cold, are causes of the colour, dryth and moisture are causes of the substaunce.

¶ Moreouer in vrine, lyeng in a vessel apt therunto to be sene, are thre regions. The lowest region in the bottom of the vrinal, conteining the spaces of two fingers or litel more. The middel region, from whense the lowest ended vnto the cerkle. The highest region is the cerkle.

¶ The highnesse of the colour signifieth heate: the pale, blacke, or grene, signifieth cold.

¶ Also the grossenes or thickenesse of the vrine signifieth moysture, the clerenes or thinnesse, signifieth dryth.

¶ The colours of vrines.

¶ Colour of bright gold. } Perfite digestion.
Colour of gylt, }

Red

Red as a red apple or chery.
Base redde, lyke to bole ar-
menake, or saffron drie.
Redde glowyng lyke fyre.
} Excesse of dy-
gestion.

Colour of a beasles lyuer.
Colour of darke red wyne.
Grene lyke to colewortes.
} Adustion of hu-
mours.

Leaddy colour.
Blacke as ynke.
Blacke as horne.
} Feblenes or mortificatiō
of nature, except it be in
purgeyng of melancoly.

White clere as water.
Gray as a horne.
White as whay.
Colour of a camels heare.
} Lacke of dige-
stion.

Pale lyke to broth of
flesshe sodden.
} The beginnyng of di
gestion.

Citrine colour or yelow.
Subcitrine or paler.
} The middell of di-
gestion.

Whyte and thynne betokeneth melancoly to haue dominion.

White and thycke signifieth fleume.
Redde and thicke betokeneth sanguine.

Red and thinne betokeneth choler to haue the soueraynte.

The

The fourth
The substaunce of the vryne. Ca. 10.

AT the first pissyng, all vrines well nigh do appere thinne, as longe as thei abide warme, for naturall heate, duryng the time that it preuaileth, suffreth not that the lycour, which is the substance of the vrine, to congele or be thicke for any occasion: but after that heate is goone, some vrynes shortely, some a longer time after, ware thicke. Likewise some tyme, some are pyssed thycker, and after war clere, some remaine still as thei were made, some bee metely thicke, as they were troubled, some very thycke and grosse. They that ware clere, some doe gather that, whiche is thicke into the bottome of the vrinall: some remaine troubled, the grossenes not withstandyng gathered in the bottom. Semblably the diuersitee of thin or subtyll vrines, must bee perceiued, that is to say, that some are very subtyll as water, some lasse subtyll, some in a meane betwene thycke and thinne.

¶ Of thynges conteyned in the vrine, some do discend downe to the bottome, and it called in a greke word Hypostasis, in englisshe some call it the groundes, some the residence, whiche if it be white, lyght risyng vp from the bottome of the vrinal, lyke a peare, it signifieth helth, if it be of any other figure or colour, it betokeneth some a noyance. If like thinges be seene in the middell of the vrinall, they be called sublacions, if they approche vnto the hyghest region of the vryne, they

they be named cloudes, in latine Nebulæ. The groundes or residences not perfect, some is lyke littell red vetches, and is called in latine Orobea, some is lyke to branne of wheate ground, and seuered from the meale, and is called brannie residence, in latine Furfurea, some be lyke vnto plates, hauyng bredth and length without thicknesse, and maie be named platie residence, in latin Lamineа, som is lyke to meale, wheate, or barley, and maie be named mealy residence, in latine Similacea.

¶ There is also seen in the vrine lyke to white heares, some longer, some shorter, somtyme lyke to ragges, somwhat redde. There is also seene in the vppermoste part of the vrine, somtyme a some or froth, somtyme belles or bobbles, somtyme there swymmeth in the vrine a thyng lyke a cop webe, otherwhile there is about the cerkle, as it were the rentyng of clothe, somtyme there is in the vrine lyke motes of the sunne, somtime lyke the matter of a sore, otherwhile like the sede of a man, also grauell or sande. And in these thynges maie be diuers colours, some white, some redde, some betwene bothe, some yelowe, some graye, and some blacke. All this muste be diligently marked, and therof separately to aduertise the physicion, vnto whom I referre the iudgement of the sickenesse, for the cause afore rehersed, and for as muche as the iudgement of them is very subtill.

¶ Semblably of ordure, whether it be verie thinne or very thicke: what other matter issueth out with it, what colour it is of, the sauour

very great litteli or none, if it were easylie expulsed, or peynefully, howe oft or howe seldome.

¶ Moreouer of sweate, what colour it is of, and of what sauour, if in tastyng it be salte, sowre, bitter or vnsauerie.

¶ Also the vomite, if it be of one colour or many, if it doe smell horriblie, of what humour it had most abundaunce, if it were fastyng, or after meales, if it were peynefull or easie.

¶ Lykewyse spettill, whether it be thicke or thinne, or myxt with bloud, or matter corrupte, accordyngly of the humour issuyng out at the nose, and if that be bloud, than whether it be redde, watrie, or blacke.

¶ Moreouer, it may not be forgotten, to aduertise the phisicion of the diet vsed by the patient, as well afore the sickneſſe, as in the tyme of the sickneſſe, his age, the strength of his bodie, his exercise, and place, where he lengest abode in his youth, whether it wer hie or low, watrie or drie, hotte or colde.

¶ This I truste shall be sufficient to instruct a phisicion: he that desireth to knowe more particularly hereof, let hym reade the bookes of Hipocrates, Galene, Cornelius Celsus, Iauarius, Paulus, and diuers other late writers, for this litteli treatise maie not receiue it.

¶ The

The preceptes of the auncient phisicion Diocles vnto kyng Antigonus. Cap. 11.

We will now deuide the body of man into foure partes, the head, the bulke, called in latine Thorax, whiche conteineth the brest, the sydes, the stomacke, and entrayles. The trayl, called in latine Venter, conteineth the paunche and the bowelles. Also the bladder, called in latin vesica, in the which name is also conteined the conduites, by the which vrine passeth. When any disease approcheth to the head, these tokens doe commonly procede, swimmyng in the head, head ache, heauinesse of the browes, soundyng in the eares, prickynges in the temples, the eies in the mornyng do water, or ware dymme, the smellyng is dull, the gummes do swell. When thou feelest suche tokens, forthwith pourge the head with somewhat, not with vehement medicines, but takyng Isope or Organum, and the croppes of them boyle with white or claret wyne, halfe a pynte, and therewith gargarise your mouth fastyng, vntyll the fleume be pourged out of your head: this is the easiest medicine in diseases of the head. It is also very holsome to gargaryse the mouth and breast with honye water, wherevnto mustard is put and myngled, but first the head must be rubbed with a warme clothe, that the fleume maie easily come out of the head. And if these tokens be neglected, these maner of sicknesses doe followe soone after, bleared eyes, and humour let-

tyng the sight, clefftes in the eares, swellynges in the necke full of matter, called the kynges euill, corrupcion of the braines, pose or reumes, heuinesse of the head, and tooth ache.

When the bulke is like to suffer any sickncs, it is perceiued by these tokens, al the bodie is in a sweat, the bulke most specially, the tong waxeth thicke, the spittell is either salt or bitter, or cholerike, the sides and shoulders do ake without any occasion, the pacient gapeth often, also there doeth happen muche walkyng, suffocacions or lacke of breth, thirst after slepe, the mynd is vexed with heuinesse, also the breast and armes are very colde, and the handes do tremble. Against these thynges this remedie may be prouided. After a moderate soupper assaie to vomite without any medicine, vomite is also profitable, whiche meate doeth folowe. He that in suche wise will vomite, let him eat hastily small radish roottes, townkersses, roket, senuy, or pursiane, and drincke after it a great quantitee of warme water, and prouoke hym self to vomite. He that setteth littell by the saied tokens, let hym feare these sickenesses folowyng, the pleurese, the sicknesses of the lunges, melancholy or madnesse, sharpe feuers, the frantic, the letargie, inflamacion with peryng.

¶ If any sickenesse be towarde the bealy, they may be espied by these tokens, the bealy is first wrapped togither, and in it selfe is troubled, all meates and drinkes doe seeme bitter in taste, he feeleth heauinesse in his knees, a stifnesse in his loynes, a wearinesse in all his bodie, without

any

any occasion, a sleepinesse in his legges, with a littell feuer: when thou seelest these tokens, mollify the traly, not with medicine, but with good order of diete, for it is best and moste sure to vse those thynges, whereof lightly may ensue none annoyance, in the noumbre of them are beetes boyled in water of honye, garlyke sodden, malowes, sorell, mercurie, and all thynges condite in honie. All these doe expell the ordure of the bealie, but if any of the saied signes dooeth more and more increase, the lyquour, wherin the sede of Cartham⁹, called also Cuicus, is boiled, is a pleasant and sure medicine, smal colewortes boiled in a good quantitee of water, the lycour therof in measure two pyntes, sauyng the thirde part of a pinte, with hony and salt tryng dronken shall profite muche. Cicer, and the pulse called in latine eruum, in englische (I suppose) chyttes, in water dronke fastyng, hath the same effecte. To them, whiche set littell by the saied tokens, these diseases do sodenly happen. Flure of the traly, bludd flux, slipernesse of the bowels, peynes in the guttes, ache in the huckle bones, the feuer tercian, the goute, the apoplexie or palsie in the limmes, hemorroides, akyng of iointes. ¶ When the bladder is toward any sickenesse, it is perceiued by these tokens, fulnesse felt after littell meate, breakyng wynde downward and vpward, paleneſse of colour in all the bodie, heuie or troublous slepes, the vrine pale, and passyng forth peinfully, swellynges about the codes and priuie mẽbres. When these tokens appere, than is it expedient to haue remedy of ord-

ferous thinges, whiche do expell vrine, whiche shall be doen without any perill, with the rootes of fenell and perlely stieped one or two daies in good white wyne, and to drinke therof fastyng euery morнyng thre ounces and two drammes, with the water of wild carrettes, or elicampane, whiche of these is next at hande, euery of them haue lyke effecte. Also water wherin the peasen called in latine Ciceres, are stieped, wyng dronke with wyne, is lyke commodious: he that neglecteth the said tokens, let him loke for these sicknesses folowyng, the dropsie, the greatnesse of the splene, grieke in the lyuer, the stone, ache of the backe, or peynes in the raynes, the difficultee of vrine, fulnesse of the bealy. In all these thinges that we haue spoken of, we shall geue to children moste easie medicines, to menne, those whiche be stronger in worknyng. This diete of Diocles, although at this tyme it seemeth not moste pleasaunt, nor accordyng to the practise now vsed, yet beyng tempred with that whiche I haue before remembred, some thyng maie be found in it, whiche beyng experienced, maie be as commodious for the helth of mans bodie, as that diete whiche is more curious or pleasaunt.

Of them in vvhose stomakes meate is corrupted. Cap 12.

THey in whom customable meate is corrupted, let them afore that they eate any meate assaie to vomite, drinkyng swete wyne, absteine from meate, that ingender bot-

botches, inflamacions, fumouse ructuacions or vapours, and take suche as nourishe good iuyce, and chose theim out whiche doe mollyfie the bealy, and at sundrie tymes take them. It is also good to take temperately that whiche looseth the bealye, as the medicine called Dicra, and to abstcyne from suche thynges wherby yll iuyce is gathered, and doe ingender sicknesses, hard to be cured or neuer, as goutes, bone ache, peynes of the raynes. &c.

¶ Of the vertue of meates. Cap. 13.

HE that is studious about the conseruacion of helth, he needeth to know the vertue of meates. The meate whiche hath vertue to extenuate, or make humours subtill, it openeth the pores, and bringeth forth that whiche is fast in the flesche, it maketh that whiche is clammy, subtill, and dooeth extenuate or relent that whiche is fat, it bringeth forth that whiche abydeth long in the bealy, but that which is eaten, is a superfluitee watrie and cholerike, and at length maketh melancolike bloud. Wherfore muche vsyng of them is prohibited, specially to them that are cholerike, and onely serueth for them that are replete with fleume, crude or vndigested humours, clammie or fatte. The diet of fattyng thynges dooeth norische abundauntly, so that the stomake and lyuer do digest well. meate of good iuice, maketh good blud, but yet it stoppeth the lyuer and splene. These do they, which make fatte humours onely, as the pulse called

Lenticula, and they that are flymie lyke malowes, some doe make fatte humours, and be also flymie, as fyshes with hard shelles. Finally the diet, whiche doth extenuate and make leane, is moze sure foz kepyng of helth, than that whiche fatteth muche. Nourishyng meates would be therfoze moderately vsed, whan a man perceiueth hym selfe to haue nede therof, it maie be moste surely vsed of them that be exercised temperately, and can slepe whan thei list. Thei that can not slepe by reason of exercyse, let them eschewe fattyng meates, let none ydell person attempt to vse them. In the preseruacion of helth, sluggardie is the greatest myschicke. Lyke as temperate moouyng is good, so is the meate whiche betweene thicke and thynne, is to mans health moste conuenient, whiche ingendzeth bloud, accozdyng to the competent constitucion of mans bodie, and therfoze it is to be chefly vsed. Meate of yll iuyce is alway noyfull, wherfoze it ought to be eschewed. Likewyse the varietee of meates is to be obserued diligently, foz it is a gret thyng to couple well together thynges of contrarie vertues, foz if they bee not well digested, that whiche is receyued, maye bzynge dysplea-

sure.

A diete

¶A diete preseruatiue in the tyme of pestilence. Cap. 14.

The bodies most apt to be infected, are specially sanguine, next colerike, than fleumatike, last melancolyke, for in them the humour beyng cold and drie is most vnapt to receiue putrifaction, hauyng also strayte passages, by the whiche venym must passe. The dict conuenient for that time is to abstein from meates, inflamyng and openyng the pores: also from heate of the sunne, from to muche heat or fyre, or garmentes, from euery hot herbe, and muche vse of tart thynges, except onyons and eikory or radisshe with vineger, for they doe resyst against venime, from wyne very sumptsshe, exercise incontinent after meales, from sweatyng, from all thynges that wyll cause oppilacion and putrifaction, from thynges hotte and moist, where moisture hath the dominion in degree, specially being not sufficiently boyled: also from mylke, except it bee in a lyttell quantitee, and that with a lyttell sugar. Fruites and herbes colde and dry, and therewith soure or somewhat bitter, are not prohibited. If ye eate figges, grapes, or swete cheries, eate after them of an orenge with salt. If ye eate thynges cold and moyst, as cucumbers, melons, fyshe soft and freshe, or damsyns, eate by and by after, some fenel, and orenge with salt, drinking therwith a draught of good wine. Beware of mussheroms, muche purslane, gourdes, and all other thynges, whiche will soone putrifie: not

withstandyng, I will not forbid eatyng of lettyse, with a fewe myntes, or myrte with cynamom. All thynges sowre are commended, aswell in diete conseruatiue, as in that whiche is curatiue or healeth, excepte where there is straitnesse of the breast, or weakenesse of the stomake, then ought they to be tempred with sugar, salte, almond mylke, cynamom, pepper, fenell, saffron, egges, and some thyng that is fat or vnctuous. Capers are good to be vsed with vyneger. Cheese very fatte and salt, is not commended, no more is colewortes, or any kynde of pulse, except chittes: great peason, rapes, nor spynache is good. Also there be forboden rokat and mustard, muche wyne and egges, except they be eaten with sorell sauce, vyneger or iuyce of orenges, persely, and also parsnepes be good. New wynes be noyfull, let the meate be somewhat more than drinke, but yet sustein not to muche hunger nor thirste, beware of lecherie, of a cloudie weather and close, eschue muche resort of throng of people, wyndes commyng from fennes or moores: from sleepe at none: vse with your meate this pouder, saunders redde, halfe an ounce, cynamom three drammes and a halfe, saffron halfe a dramme. After your meate, eate a littell of corriander sede, well prepared. In the mornyng at a temperate fyre kembe your head backewarde, clense your bodie and head of all superfluitees, vse also moderate fricasies, with swete parfumes and odours, washe oftentymes your face and handes with pure vyneger myrt with rose water. In colde weather myre it with myntes,

baulme, rue or mirtes, and somtyme with cloues. In hotte sommer with roses or violettes. Aboue al thynges vse to take white wine good, white vyneger roset, water of roses, in equall porcions, put therunto a litteli setuall, or of the rynd of a citron, and drinke therof a litteli, and oftentymes washe therewith your handes and vysage. Medicines preseruatiue against the pestylence, whiche be alwaie moste redy, are these, a frygge with rue, and a walnut eaten fastyng, also tryakle, or mithridate, to olde men a dramme weyght, to younge men halfe a dramme, or a scrupule dissolued in vyneger and rosewater, or in water of tormentyll, scabiose or baulme, if the plague be in sommer, if it be in wynter, put to the waters some white wyne. Also the pylles called commonly Pillule Rasis but in deede thei were inuented by Rufus) are very excellent, specially if the aloe, whiche is in it, be washed, and therevnto added a litteli Bolus armenus, et terra sigillata. And if the person be of hotte complexion, a quantitee of sorell seede, and red coral, this confectioned with syrope of citrõs, in colde complexions, or to olde men with white wyne, vse them euery thirde day, one pyll at a tyme, three howres or foure afore dyner or supper. If ye take tryakle or Mithridate, absteine from meate at the least sixe howres after. A piece of the roote of setual, borne in the mouth, preserueth from infection. In likewyse dooeth sorell chewed fastyng, and the iuyce sucked downe. To poore men Marsilius was wont to geue a toaste of breade steped in vyneger,

with

with a piece of an onyon or rue. All thynges whiche be cordiall, that is to saie, whiche doe in any wyse comfort the hert, doe resist pestilence, vehement anger, or heuinesse, be very pernicious. Other more exquisite and costely preseruatiues, I purposely passe ouer, whiche Marsilius. and other physicions do write of abundauntly, for as muche as I desire to be in this woorke compendious. One thyng I had almoste forgotten, that there is no better preseruatiue, than to flee from the place corrupted, betyme and farre of, and to let none approache you, that hath made their abode, where the plague is feruent. Moreouer, receiue not into your house any stuffe, that commeth oute of a house, wherein any person hath been infected. For it hath been sene, that suche stuffe, lyng in a coffer faste shutte by the space of two yeres, after that the coffer hath been opened, they whiche haue stande nigh to it, haue been infected, and soone after haue dyed. But here I alwaie except the power of God, which is wonderfull, and also mercifull, aboue mans reason or counsell, preseruyng or strikyng whom, whan, and where it shall lyke his maiestee, to whom be glorie and praise euerlastyng. Amen.

¶ THVS make I an end of this treatise, desiryng them that shall take profite therby, to defend it against enuiouse disdayne, on whom I haue set the aduenture, for the loue that I beare to my countrey, requiryng all honest physicions to remembre, that the intent of my labour was, that men and women readyng this worke, and

obs-

obſerupng the counſayles therin, ſhould adapte therby their bodies, to receiue moze ſure remedie by the medicines prepared by good phyſicions in dangerous ſickneſſes, thei kepyng good diete, and informyng diligently the ſame phyſicions of the maner of their affectes, paſſions, and ſenſible tokens. And ſo ſhall the noble and moſte neceſſarie ſcience of phiſicke, with the miniſters therof, eſcape the ſclander, whiche they haue of long tyme ſuſteyned, and accozdyng to the precept of the wyſe man, be wozthily honoured, foz as muche as the higheſt God did create the phyſicion foz mans neceſſitee. And of the earth created medicine, and the wyſe man ſhall not abhoꝛre it. Thus fare ye well gentill readers, and forget me not with your good repoꝛte, and praie to God that I be neuer wozſe occupyed.

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